



ASSCT Hygiene and well-being protocol – Covid-19

The ASSCT executive recognizes that the Corona Virus (COVID-19) is still affecting the health of many citizens. ASSCT will always follow the advice and recommendations provided by the Qld Department of Health and request all delegates to conferences abide by this protocol.

Protecting yourself from COVID-19 transmission

It is important for everyone to take personal actions to minimise transmission of COVID-19 and other respiratory infections.

Evidence has shown that universal public health measures are simple and effective in reducing COVID-19 transmission where a range of measures are applied by individuals, communities and organisations, such as:

- wearing a face mask covering your nose and mouth when indoors or where physical distancing cannot be maintained outdoors
- washing your hands regularly
- practicing good respiratory hygiene (such as covering your cough)
- maintaining physical distance from others
- ensuring good ventilation and improving indoor air quality (such as opening windows, leaving a door open when people are gathered in a meeting).

What to do if you become a close contact

In the context of widespread community transmission, unless a close contact has any acute respiratory symptoms or where there is significant concern for a new variant of COVID-19, we recommend management of close contacts should be prioritised in high-risk settings such as during the annual conference period.

While you are a close contact and do not have any acute respiratory symptoms, you should follow additional measures to enhance your protection against the risk of transmission of COVID-19. We recommend that for the 5 days after the date of a positive COVID-19 test, in addition to following the universal public health measures above, you should also:

- wear a face mask covering your nose and mouth whenever you are in an indoor setting
 - work or study from home, where feasible and with the agreement of your workplace
 - avoid entering a high-risk setting
 - avoid contact with people at risk of severe illness
 - monitor for any acute respiratory symptoms and follow the guidelines for a person diagnosed with COVID-19 or symptoms of an acute respiratory infection if you become symptomatic.
-