

# Coronavirus

## What You Need To Know

### Personal Hygiene and Health

As you will be aware, the situation regarding the Coronavirus (COVID-19) is changing regularly. PEER is continuing to operate as usual and are proactively monitoring the situation. We will communicate any changes to our operational activities as necessary.

Whilst we have increased sanitation activities, here are some ways that individuals can help to control the spread of viruses and other contagious illnesses

### How to protect yourself and others

- Wash your hands with soap and water several times a day, and use hand sanitizer where available
- When coughing or sneezing, use a flexed elbow or a tissue, remembering to throw the tissue away immediately into a closed bin
- Avoid touching your eyes, nose, and mouth as much as possible
- Avoid close contact with anyone who has a cough and fever. Keeping a social distance of at least 1 metre is recommended
- Refrain from shaking hands or other forms of personal contact with others as much as possible
- If you have a cough, fever and difficulty breathing, seek medical attention early. Call your doctor's surgery prior to attending the office for requirements of attendance.
- If you have mild respiratory issues, or just a cold or flu, stay home and recover before going back to work.
- Contact PEER if you or someone you have been in direct contact with has shown symptoms or tested positive for COVID-19



At PEER, we have made available hand sanitizer at all entry points and classrooms. We also have cleaning wipes to wipe down keyboards and working surfaces. A sanitation plan is also in place for communal (public) areas in order to contain as much as practicable.

If you have any queries or need assistance in, don't hesitate to contact PEER on **(08) 8348 1200** or email us at [safety@peer.com.au](mailto:safety@peer.com.au)