



COVID-19 Safety Guidelines 23/06/20

Healthy Tasmania sessions, programs and events must adhere to all public health advice and the Tasmanian Road Map to Recovery.

In March we recorded a podcast interview with Meg who is 38 and is immunosuppressed as she recovering from a bone marrow transplant due to cancer. In talking about what COVID-19 means for her, Meg said “I get frustrated when people say, I’m not going to get it, because how can they possibly know. I didn’t think I was going to get cancer!” Meg explains that being safe during this pandemic is about thinking beyond yourself, as it’s not just about how sick you might get, it’s about how sick you could make someone else. Meg says, “It’s about all of us creating a community buffer around vulnerable people.” In essence Meg reminds us that how we choose to look after our own health CAN impact others. Here’s a brief look at the things our company will be doing to look after our health, your health and the health of our community.

What you can expect of us:

- We will clean all surfaces before your arrival
- We will provide hand sanitiser for your use
- We will adhere to any extra safety requirements of the venue where our session/program/event is being held
- We will show you where to sit or stand to ensure you are appropriately distanced from other participants
- We will keep abreast of any changes in public health advice and regulations
- We will not come to work if:
 - we have cold and flu like symptoms (cough, fever, shortness of breath)
 - if we have been in close contact with someone who is known to have COVID-19 without wearing personal protective equipment
 - If we have arrived from interstate or overseas in the last 14 days
 - If anyone in our household recently had a fever or temperature

What we expect of you:

- You will adhere to all advice from public health
- You will not come to our session if:
 - You have cold and flu like symptoms (cough, fever, shortness of breath)
 - If you have been in close contact with someone who is known to have COVID-19 without wearing personal protective equipment
 - If you have arrived from interstate or overseas in the last 14 days
 - If anyone in your household recently had a fever or temperature
- You will listen to our directions on where to sit or stand and keep your distance from other participants
- You will use the hand sanitiser supplied
- You will try not to touch your face while at the session
- You will immediately inform Hayden Fox on 0438 386 025 if you have any concerns about your health or those around you so he can make sure other participants are safe

Just remember...

**We may be distant but we don’t need to be disconnected.
Always remember, we can still HAVE FUN!**

COVID-19 hotline 1800 671 738

<https://www.coronavirus.tas.gov.au/>