

# COVID-safe Behaviours



## Talking points – 5 key COVID-safe behaviours

*Current as at 1pm Tuesday 18 August 2020*

### Protecting all Tasmanians through every day actions

- Tasmanians have successfully adapted through many unprecedented challenges over the past few months to help protect our community from the threat of COVID-19.
- As we return to more of the daily activities we are used to, we need to remember that the threat of this virus will remain until there is a vaccine.
- We need to embed key changes into our lives to ensure Tasmania has the best chance at protecting lives and livelihoods.
- There are 5 key COVID-safe behaviours that we all need to practice every single day. Get familiar with them and help your family, friends and social circle to understand these behaviours. It will take everyone following them to make a meaningful difference.

### Behaviour 1: Stay at least 1.5 metres away from others.

- The more space there is between you and others the harder it is for coronavirus to move from one person to another.
- Physical distancing is the best weapon we have to fight coronavirus and if adhered to properly it is really effective.
- It needs to be practised all of the time – when you go to the shops, when you go to a gathering, a restaurant or the coffee shop or when are queuing with other people.
- Minimising contact also means not hugging, kissing or shaking hands when you meet up with others not from your household.
- If we all commit to physical distancing we will not only protect our own family and friends but also all of the people in the community who are more vulnerable and need our help to keep them safe.

## **Behaviour 2: Wash your hands often with soap and warm water. Use alcohol-based hand sanitiser when out.**

- Hand washing is incredibly powerful. It can kill the virus if done properly and washes it away.
- The virus sticks to people's hands and this is how it is passed on to other people and the objects or surfaces we touch.
- To wash your hands effectively use warm water and soap. Lather your hands and wrists with soap for at least 20 seconds and then wash it off under warm running water.
- Hand washing needs to be done regularly throughout the day. Make it a habit that you stick to and make sure to wash your hands every time you eat, use the bathroom, before leaving home and as soon as you arrive home. If you visit someone else's home, wash your hands when you arrive.
- Warm water and soap are the most effective but make use of hand sanitiser when you are out and don't have access to soap and water. Hand sanitiser is a great alternative and keeps the community safe. Use it in shops, cafes and when visiting any other place. Keep some handy in your car, handbag or pocket when possible.

## **Behaviour 3: Stay at home if you are unwell and always cover coughs and sneezes.**

- Coronavirus spreads when people are unwell. If those who are unwell do not stay at home illness spreads and becomes more difficult to trace.
- We need to be vigilant about not spreading any type of illness to other people. This is a lot easier when sick people stay at home.
- Stay at home and don't go to work, study or the supermarket when you are sick with cold or flu-like symptoms.
- If you need help to get supplies ask a family member or friend to get them for you. A trip to the supermarket is not worth endangering lives.
- Access healthcare safely, for example you can call your GP to discuss your symptoms or contact the Public Health Hotline on 1800 671 738. You should call Triple Zero (000) and ask for an ambulance if you or someone else in your household has trouble breathing or other symptoms that may require emergency assistance.

## **Behaviour 4: Get tested for COVID-19 if you have any cold or flu-like symptoms.**

- Early detection of new cases of COVID-19 in Tasmania is key to keeping our state safe.
- Anytime you have cold or flu-like symptoms you should get tested for COVID-19.
- To arrange a test you can call the Tasmanian Public Health Hotline on 1800 671 738 and request a test. You can alternatively call your local GP to discuss what options are available for you.
- Further information about testing is also available on the coronavirus website.  
[www.coronavirus.tas.gov.au/keeping-yourself-safe/testing-for-covid19](http://www.coronavirus.tas.gov.au/keeping-yourself-safe/testing-for-covid19)

- If everyone who has symptoms gets tested it will dramatically increase the chances of finding new cases quickly.
- If testing numbers stay high, someone with COVID-19 is more likely to get a fast diagnosis and their close contacts can be identified quickly and contacted.
- Knowing when and where someone got sick will allow public health to act quickly to stop the spread, saving lives and protecting livelihoods.

#### **Behaviour 5: Be aware of, and follow, current gathering, business and travel restrictions**

- Information about the situation and restrictions in Tasmania is updated every day. Knowing what is happening will help us all to make informed decisions for ourselves and our families.
- If you run a business or an office, sticking with these restrictions will help you protect your staff and your customers
- The choices we make as individuals will impact on the health and livelihoods of others around us.
- We can protect human health, businesses and minimise the amount of restrictions required to manage cases by being aware of our obligations and making sensible choices.
- Whilst risks are assessed every day some restrictions will need to remain in place. Tasmania is responding each day using the best information available.
- It's easier to stick to the rules when we know what they are and why they are needed. All up to date information about restrictions is available at [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)
- Remember that Tasmania's COVID-19 response is a collective effort. Every action we each take matters.
- By following the 5 key COVID-safe behaviours Tasmanians will be doing everything they can to look after loved ones and protect our community.

