

Influenza is a contagious disease. To help reduce the spread of influenza within the University, the following actions are required of staff and students.

Do not come onto campus if you have:

- chills, shivering and a fever ($>38^{\circ}\text{C}$)
- muscle aches and pains
- sore throat
- dry cough
- trouble breathing
- sneezing
- extreme tiredness

If some of these symptoms apply to you along with the fever, please stay at home and seek medical advice. Do not return to campus until you have been cleared to do so by a medical practitioner.

If you start to feel unwell whilst on campus, contact your supervisor.

For more information go to the University's Risk Management site below.



Australian Government
Department of Health and Ageing

Cough etiquette and respiratory hygiene

Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- Wear a surgical mask, if possible

Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based liquids, gels or wipes if you do not have access to soap and water

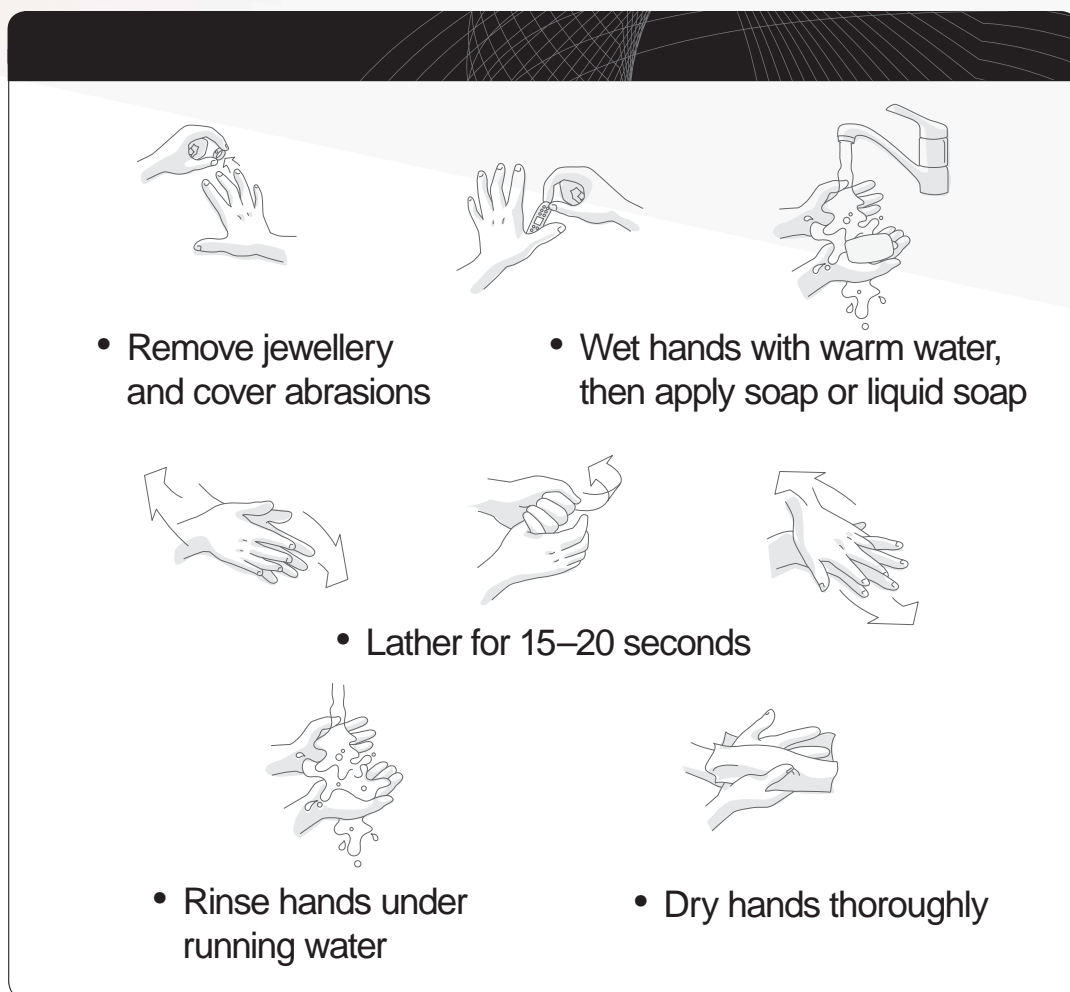
Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

For more information go to the University's Risk Management site below.



Australian Government
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How to best wash and dry hands with soap and water



The illustration shows a sequence of handwashing steps: 1. Removing jewellery and covering abrasions. 2. Wetting hands with warm water and applying soap. 3. Lathering for 15-20 seconds, with arrows indicating the back of the hand, fingers, and webbing. 4. Rinsing hands under running water. 5. Drying hands thoroughly with a paper towel.

- Remove jewellery and cover abrasions
- Wet hands with warm water, then apply soap or liquid soap
- Lather for 15–20 seconds
- Rinse hands under running water
- Dry hands thoroughly

During the lather, pay particular attention to the backs of hands and fingers, fingernails, fingertips and the webbing between fingers.

For more information go to the University's Risk Management site below.

