

WHAT TO DO IF I'M FEELING SICK

If you are showing any cold or flu symptoms such as:

- fever
- coughing
- sore throat
- shortness of breath

Here's what to do:

1. Stay at home and advise your direct manager
2. Seek medical advice

If you want to talk to someone about your symptoms, call the National Coronavirus Helpline for advice on 1800 020 080 or;

Call ahead of time to book an appointment with your local GP.

3. Testing

Your doctor will tell you if you should be tested for COVID-19. They will arrange the test. If you are having the COVID-19 test, you must immediately advise your direct manager that you are getting tested.

Your manager will ask you a series of questions that you will need to answer with as much detail as possible:

- Have you been at the office? Dates / times?
- Have you been in contact with any Campion team members? Who / when?
- Do you know / have you been in contact with anyone who has confirmed case of COVID-19?

If you are not getting a COVID-19 test, you must still stay at home until you are well.

4. After testing

If you are awaiting COVID-19 test results, you must self-isolate at home and you must not attend work or school. Results can take 1-3 days.

When you have your test results, advise your manager immediately, whether they are positive or negative.

If the results are negative, you must still stay at home until you are well.

It is very important that we all follow this procedure to protect ourselves and others in the workplace.
If in doubt, stay home.

For more information about **Coronavirus (COVID-19)** visit **health.gov.au**

**HELP
STOP THE
SPREAD**
AND STAY HEALTHY