

**COVID–19 FAQ’s**

**Q: What is novel coronavirus?**

A: Novel coronavirus, or COVID-19, is a strain of coronavirus not previously detected in humans. It causes respiratory symptoms and is usually not responsible for significant disease in most people. Some people who are more vulnerable, such as the frail elderly population, those who are have low immune systems, and others, are more at risk of significant illness.

**Q: Who is at risk of getting COVID-19?**

A: The current case definition used to determine who is most at risk can be found at <https://www.health.nsw.gov.au/Infectious/diseases/Pages/2019-ncov-case-definition.aspx>

**Q: What can I do to stay safe in the workplace and home against the Coronavirus?**

A: Regularly wash your hands, distance yourself from others who have symptoms of respiratory illness, avoid touching your face as much as possible, stay home if you are sick, avoid international travel and ensure you are up-to-date with the most current information available, which can be found at <https://www.health.nsw.gov.au/Infectious/diseases/Pages/2019-ncov-case-definition.aspx>

**Q: Will getting a flu vaccination help against the COVID-19?**

**A:** Whilst the flu vaccination will not cover COVID-19, it will reduce your chances of contracting seasonal influenza. Reducing the risk of respiratory infection is important and this may help to reduce you getting sick.

**Q: Is washing your hands really an effective infection prevention and control measure against coronavirus?**

A: Yes. Coronavirus, like many other viral respiratory illnesses, travels effectively when we touch our face, sneeze into a tissue we are holding or doing other similar actions. Alcohol-based hand rub or soap and water hand washing regularly will reduce the spread of viral respiratory illnesses, including COVID-19.

**Q: Should I be wearing a mask?**

A: Unless you have respiratory symptoms, routine mask-wearing is not recommended and is not likely to be effective in reducing your risk of contracting a viral respiratory illness. If you have respiratory symptoms, you can protect others by wearing a mask if you need to go to public places.

**Q: I have recently travelled overseas, does this mean I can’t come to St John?**

A: No. The only people who need to self-isolate are those people who have travelled to or transited through a country identified as High-Risk on the NSW Health website. https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx#sec2