**COVID 19 Protocols – ACU Students/Staff - *I was exposed to COVID-19 – what do I do?***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NSW | ACT | VIC | QLD | SA |
| I HAVE COVID-19 Symptoms  |
| * Do not come to campus if you are unwell.
* Get a COVID-19 test and if positive, isolate until negative test result and symptoms resolve.
* Report your result on Service Central if positive and register your result with service NSW
 | * Do not come to campus if you are unwell.
* Get tested.
* If positive, go home straight away and isolate and follow the public health directions
* Report your result on Service Central if positive
* If negative, miminise your movements in the community.
 | * Do not come to campus if you are unwell
* Get a COVID-19 test and if positive, isolate until negative test result and symptoms resolve.
* Report your result on Service Central if positive
 | * Do not come to campus if you are unwell
* Get tested either PCR or RAT.
* If positive, follow the rules for a diagnosed person
* Report your result on Service Central
* Don’t visit vulnerable settings.
 | * Do not come to campus if you are unwell
* Get a PCR and quarantine until result.
* If test using RAT and result is negative need to confirm with a PCR.
* Report RAT result if positive to SA Health and ACU via Service Central
 |
| I DO NOT HAVE COVID-19 Symptoms  |
| [Household contact](https://www.nsw.gov.au/covid-19/management/household-contacts#toc-who-do-these-guidelines-apply-to)* Minimise movement in community.
* Do not come to campus if you are unwell
* Test if you develop symptoms
* Work or study from home where practicable
* You must wear a face mask in indoor settings outside home and wear the required face mask in some settings i.e. practical classes.
* Avoid high risk settings
* Where possible take a RAT test if you need to attend campus
 | [**I**](https://www.covid19.act.gov.au/stay-safe-and-healthy/exposed-to-covid19) **live with someone who has COVID-19*** You do not need to self-isolate
* Monitor for symptoms
* Advise your supervisor/lecturer that you are a close contact and discuss your working/study arrangements
* Work or study from home where practicable
* Wear a mask at all times in indoor ACU spaces and wear the required face mask in some settings i.e. practical classes
* Avoid high risk settings i.e. aged care
* Where practicable take a RAT test if you need to attend campus or work/study.
 | [**Household contact**](https://www.coronavirus.vic.gov.au/checklist-contacts)* Household contact period is 7 days.
* No quarantine required if - test negative using RATs for 5 days out of 7-day period with one day at least between tests and last test on day 7.
* Wear a mask indoors when outside home and wear the required face mask in some settings i.e. practical classes.
* Do not visit high risk settings i.e., hospitals and care facilities.
* Notify your supervisor or LIC that you are a close contact.

If do not follow above, you must quarantine for 7 days and use RAT on Day 1 and Day 6. Speak with your supervisor to discuss options (taking leave, WFH etc.)If positive: report result and isolate for 7 days.[**Social and Workplace Contacts**](https://www.coronavirus.vic.gov.au/checklist-contacts)(less than 15 mins with a case or more than 2 hours in the same indoor space with a case).* Get tested if you have symptoms.
* Monitor for symptoms and staff COVID safe
* Tell ACU via Service Central if you test positive and follow health restrictions.
 | [**Close Contact**](https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/exposed-to-covid/close-contacts/first-steps-as-a-close-contact) (have been with a case for more than 4 hours in a house, other accommodation or care facility). * Monitor for symptoms for 7 days.
* Wear a face mask outside of home including indoors if can’t socially distance and wear the required face mask in some settings i.e. practical classes.
* Notify employer you are a close contact
* Avoid high risk settings.
* Test if you plan to leave home. Recommended to test on first day you leave home and every second day after that until you are no longer a close contact.
* Speak with your supervisor to discuss options (taking leave, WFH, etc.).
 | [**Close contact**](https://www.sahealth.sa.gov.au/wps/wcm/connect/public%2Bcontent/sa%2Bhealth%2Binternet/conditions/infectious%2Bdiseases/covid-19/testing%2Band%2Btracing/close%2Bcontacts)(household/ intimate partner, personal contact with case for 4 hours or more during infectious period, notified by SA Health they are a close contact, been to exposure site). * Undertake 5 RATs over 7 days from your exposure period
* Do not attend Tier 1 setting for 14 days
* Don’t attend Tier 2 settings for 7 days
* Wear a mask leaving house for 7 days after exposure.
* Report RAT result if positive.
* Avoid contact with people at high risk
* Work from home where possible
* Report your RAT results even if tested negative
 |