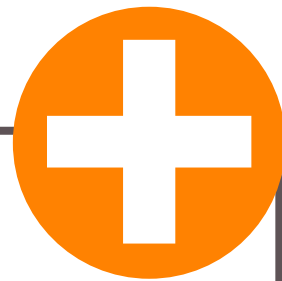


# Health advice for Street Teams



COVID-19 is highly contagious and the worst thing we could do while trying to help is to spread the virus. Please read this advice closely and be diligent.

## Exercise personal responsibility for social distancing measures

- Keep a minimum of 1.5M distance from others – stand back from the front door.
- Do not enter a person's home.
- Avoid physical contact, do not shake people's hands. Safe greetings include a wave or nod.
- Keep your visit short.

## Follow good hand and sneeze/cough hygiene

- Wash your hands frequently with soap and water, before and after eating and going to the toilet. If you're delivering items to a neighbour, wash your hands before and after.
- Cover your cough and sneeze, dispose of tissues, use alcohol-based hand sanitiser.
- Avoid touching your eyes, nose and mouth.

## Stay safe – protecting yourself and others

- It is important to self-isolate for a period of 14 days if you're feeling unwell, have recently returned from travel, or if you have been in contact with someone who has tested positive for coronavirus.
- If you believe you have been exposed to the virus, or are starting to show symptoms, get in touch with your GP, or call the National Coronavirus Hotline on 1800 020 080 (24/7)

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

**\*Although Coronavirus is spread person to person, the virus can survive on cardboard surfaces for up to 24 hours. If you're feeling unwell or have been in contact with someone who has tested positive, please do not proceed with the letterbox drop until you have completed a 14-day isolation period. You may still be able to help people on your street through telephone calls and online-based support; however it is important to self-isolate and leave it to someone else to coordinate the doorknocking.**

## Stay informed – keep up to date with COVID-19 updates through the following sources

- Australian Department of Health – <http://www.health.gov.au>
- World Health Organisation – <http://www.who.int>
- Lifeline - <https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>
- For translated resources - <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/translated-coronavirus-covid-19-resources>