



## Frequently Asked Questions - COVID-19

Last updated 1.00pm, Monday 16 March 2020

### How can I best protect myself from COVID-19?

The best way to protect yourself from COVID-19 is the same way you would protect yourself from catching flu, cold or other similar respiratory illnesses:

- Stay home if you have symptoms and encourage others who have symptoms to do the same. \\
- Wash your hands with soap and water or using alcohol-based hand sanitiser.
  - After using the bathroom
  - After coughing or sneezing
  - Before preparing food or eating
- Cover your sneeze or cough with your elbow or with a tissue.
- Avoid close contact with people who are ill.
- Avoid touching your eyes, nose and mouth.

For further information, please visit: <https://www.health.nsw.gov.au/Pages/default.aspx>

### What do I do if I have returned to Australia from international travel?

If you have recently returned to Australia from international travel from an area classified as 'do not travel' as a result of COVID-19 (as advised by the Department of Foreign Affairs and Trade) you should immediately:

- Self-isolate yourself for 14 days upon arrival;
- Advise your club and team immediately;
- Do not participate in any football related activities until cleared by a medical practitioner.

### What do I do if I develop symptoms of COVID-19?

If you develop fever, cough, shortness of breath and other similar symptoms you should:

- Stop working and go home.
- Call ahead before going to the GP or call the National COVID-19 Information Line (1800 020 080)
- In an emergency ONLY call 000 or go direct to hospital



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## What do I do if I come in close contact\* with a confirmed case of Corona Virus?

If you have been in close contact\* with a confirmed case of COVID-19 you should immediately:

- Self-isolate yourself
- Seek direction from your GP
- Call ahead before going to the GP or call the Information Line (1800 020 080)
- Notify your football club immediately

\* "**Close contact** is defined as someone who has been **face-to-face** for at least 15 minutes or been in the **same closed space for at least 2 hours**, as someone who has tested positive for the Coronavirus when that person was infectious".

Less than this is casual contact and advice is simply to monitor your health closely (i.e. not isolate) and continue working as normal.

## How can I obtain additional advice or information?

For the latest advice, information and resources

- Call the National Coronavirus (COVID-19) Health Information Line 1800 020 080
- <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

## Is Northern NSW Football and Football Federation Australia contemplating a suspension of all football activities?

No. At present, and in the event that we have a confirmed COVID-19 case throughout our leagues, we are **not** contemplating enforced shutdown/postponements. However, have and will continue to evaluate the situation on a case-by-case basis.

We ask that all Clubs and Members keep up to date with information on [www.northernnswfootball.com.au](http://www.northernnswfootball.com.au) and take note of time and date stamped, to ensure you have the latest update and information.

We ask everyone to act as good role models, to lead by example & to help minimise panic and maintain respectful of each other.



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