

## COVID-19 Controls at SST



- 1. Have you returned from overseas in the last 21 days -**  
***DO NOT ATTEND TRAINING***
- 2. Have you been in contact with anyone who has been diagnosed with COVID-19 in the last 21 days**  
***DO NOT ATTEND TRAINING***
- 3. Do you feel unwell, have a temperature, dry cough or flu like symptoms**  
***DO NOT ATTEND TRAINING***
- 4. Avoid touching eyes, nose and mouth** **Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- 5. Practice respiratory hygiene** - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.  
**Why?** Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.
- 6. As precaution we will practice a form of social distancing** – we will only have one student per desk, and do not sit directly behind person in front.

## COVID-19 Controls at SST



1. We provide disinfecting hand wash in the room, please wash your hands each time you leave the room, and whenever else you feel it is necessary
2. We are constantly monitoring the government and medical information sources
3. We disinfect all tables, door handles and other areas you come in to contact with on a daily basis BEFORE CLASS
4. If you feel unwell during the day, please advise us and you can go home. You can then complete training when you feel better at a later date at no additional charge
5. The WHO recommends if you are healthy, you only need to wear a mask if you are taking care of a person with suspected COVID-19 infection or wear a mask if you are coughing or sneezing. We have P2 masks available if required.