



## COVID-19 State of Emergency (Recovery Operations)

### **Norfolk Island Physical Distancing Requirements as at July 9<sup>th</sup>, 2020**

#### **In public**

- keep 1.5 metres away from others wherever possible
- avoid physical greetings such as handshaking, hugs and kisses
- use tap and go instead of cash where possible
- practise extra care if you are using buses or cars, other than your own vehicle.
- avoid crowds – if you see a crowded space do not enter
- avoid large public gatherings
- practise good hygiene
- stay at home if you have any cold or flu symptoms. Seek medical advice from the *Norfolk Island Health and Residential Aged Care Service (NIHRACS)* and get tested for COVID-19

#### **Households**

If someone in your household is sick with cold or flu symptoms, you should:

- care for the sick person in a single room, if possible
- keep the number of carers to a minimum
- keep the door to the sick person's room closed. If possible, keep a window open
- wear a surgical mask when you are in the same room as the sick person. The sick person should also wear a mask when other people are in the same room
- protect at-risk family members by keeping them away from the sick person. If possible, find them somewhere else to live while the family member is sick
- seek medical advice from NIHRACS and have them tested for COVID-19

#### **Cafes, restaurants, pubs & clubs**

- Cafes, restaurants, pubs and clubs must follow 4 square metres per person, people should stay 1.5m apart when possible, and people should stay home if unwell and get tested
- 2 square metre rule may apply to smaller venues in accordance to *Risk Management in Small Premises* (<https://www.health.gov.au/news/australian-health-protection-principal-committee-ahppc-statement-on-the-review-of-physical-distancing-and-person-density-restrictions>).

#### **At Work**

- You should work from home if it works for you and your employer. If you cannot work from home and you are sick, you must not attend your workplace. You must stay at home and away from others.

To protect yourself, your co-workers, and your customers:

- stop shaking hands to greet others
- avoid non-essential meetings. If needed, hold meetings via video conferencing or phone call
- put off large meetings to a later date
- hold essential meetings outside in the open air if possible
- promote good hand, sneeze and cough hygiene
- provide alcohol-based hand rub for all staff
- eat lunch at your desk or outside rather than in the lunchroom



- regularly clean and disinfect surfaces that many people touch
- open windows or adjust air conditioning for more ventilation
- limit food handling and sharing of food in the workplace
- avoid non-essential travel
- promote strict hygiene among food preparation (canteen) staff and their close contacts