

PROTECTING YOUR HEALTH AND SAFETY

During COVID-19



As we transition back to campus and begin to interact more with others, it is important to continue to protect your health and safety during Coronavirus. By doing so, you will also be keeping people close to you and your community safe.

Things to do to protect your safety as an individual

Ensuring you are following the Queensland Health guidelines is the best way to protect yourself during this time.

Ways to protect yourself include:

- ▶ Washing your hands regularly with soap and water or hand sanitiser
- ▶ Stay at home if you are sick and if you have any respiratory symptoms – get tested and isolate until you're notified of your result
- ▶ Remain 1.5m away from others – if you are unable to maintain this, you should consider wearing a mask
- ▶ Avoid unnecessary close contact with others such as hugs, kisses and handshakes. See [alternatives to handshakes](#).

Your mental health and wellbeing during coronavirus should remain your priority. Stay connected with your family and friends, exercise your mind and body by reading a book and taking a walk, take breaks from social media and the news and most importantly, [ask for help](#) when you need it.

How to talk to someone about maintaining social distancing for your personal safety

As people, by nature we are social. Instead of assuming that someone who might not be socially distancing is flouting the guidelines consider that they could be trying to socially connect. This is not something that is easy to talk about as abnormal times call for new strategies in communicating your needs.

If you are concerned for your own personal safety when someone is not maintaining the required 1.5m distance from you, here are some tips on how to politely ask them to respect your personal safety.

- ▶ Come from a point of your own personal safety instead of insisting that they follow the guidelines e.g. "I live with someone at high risk for coronavirus, would you kindly keep the 1.5m distance as I don't want to risk anything, thanks."
- ▶ To a friend, classmate or colleague, acknowledge the emotional need to connect e.g. "It is so great to see you and I wish we could sit closer but I'm worried about our safety/the health of my loved ones"
- ▶ As this is not how we conventionally interact, sometimes the people around you might forget, and you may have to remind them gently e.g. "This is certainly strange times and social distancing seems so foreign, but I feel it is important to keep our distance."
- ▶ If you are in a situation where social distancing becomes difficult, it is a good idea to wear a mask as per the QLD health guidelines.

It is normal to feel anxious about having these conversations and about being in situations where others might not be as cautious as you. If you are struggling with emotional difficulties and need to talk to someone, contact [Counselling and Wellbeing](#).