SAFETY BULLETIN

Safety Bulletin No.	**2022 10**	**Date Issued**	13th December 2022
Subject	**What to do if you test positive for Covid**		
Area of Concern	Preventing the spread of Covid		
Issued By	Health & Safety Manager (phone: 0402 782 375)		

Step 1. Register your positive test result

If you test positive for COVID-19 it is recommended that you advise your manager and People, Culture & Community of your result. You do not need to register your result with NTG.

Step 2. Stay home whilst you have symptoms

It is no longer a requirement to self-isolate following a positive COVID-19 test. It is your responsibility to stay at home whilst you feel unwell and show symptoms to limit the spread and protect our community.
If you test positive for COVID-19, you may be infectious for up to 10 days. To reduce the risk to others, it is recommended you:

- stay home if unwell, even if your symptoms are mild
- practise personal hygiene including hand washing or using hand sanitiser
- maintain a distance of 1.5 metres away from others where possible
- wear a mask indoors and outdoors when social distancing is not possible
- avoid visiting people at high risk of severe illness, people in hospital, aged care or disability facility for at least 7 days.

If in doubt please contact your manager or People, Culture & Community.

Step 3. Manage your symptoms and health

Most people who are vaccinated and get COVID-19 can care for themselves at home. Others may need to contact their GP or get a referral to a hospital specialist.

Signed: *SteveC*

Steve Caldwell
Health & Safety Manager

THINK SAFELY, ACT SAFELY