COVID-19 Precautions for face to face class attendance

GENERAL PRECAUTIONS FOR FACE TO FACE CLASS ATTENDANCE

• Stay at home if you are feeling unwell, with even mild respiratory symptoms and get tested.
• Maintain physical distancing of 1.5 metres, wherever possible including waiting to enter and exit classes
• Maintain cough etiquette and respiratory hygiene.
• Adhere to ushering and marshalling instructions and signage.
• Always attend to hand hygiene before and after class, between activities and avoid touching your face and surfaces where possible.
• Class sizes have been adjusted in accordance with government guidelines to enable physical distancing.
• Staff and students who identify as ‘vulnerable’ should consult their doctor and determine reasonable adjustments or additional controls including use of a surgical or P2 face mask. (Please note that face masks are not a substitute for good social and physical hygiene practices listed above.)
• Document a risk assessment for vulnerable workers.
• Take the time to familiarise yourself with the MQ COVIDSafe Plan.

During practical sessions, such as clinical practical classes, aim to consistently buddy with the same class member for practical activities to minimise contacts where possible.

With aerosol generating activities such as practicing forcible expiration both participants should consider mask use.

Masks should be considered when 1.5 metre physical distancing cannot be maintained. Take into consideration likelihood of community transmission risk. Faculties will conduct a risk assessment for specialist teaching spaces to help to determine the use of masks.

POINTS TO REMEMBER IF WEARING A MASK

• Touching the mask during use or when removing it can contaminate the hands.
• Masks are less effective when they become damp or damaged.
• Disposable masks must be discarded in the bin immediately after use.
• The masks are single use, <4 hours.
• Surgical masks contain your large droplets and some aerosols from spreading and prevent large droplets from others reaching your nose or mouth. They do not prevent smaller lighter droplets (aerosols) being breathed in.
• P2 and N95 masks (without valves), when fitted correctly, protect you and others from large droplets and aerosols.

If you are using a mask:

Wash your hands before putting on the mask.

Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.

Do not touch the front of the mask while it is on or when removing it (and if you do so accidentally, wash or clean your hands immediately).

Wash your hands after removing the mask.

Immediately dispose of the mask into a bin or into a resealable bag if a reusable mask.

People with chronic respiratory conditions should seek medical advice before using a mask.

Source: Australian Government; Infection Control Expert Group, The use of face masks and respirators in the context of COVID-19, and NSW Health Guidelines