



Safe work practice during COVID-19 for Volunteers & Learners

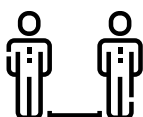
Essential Practices



Wash your hands frequently with soap and water for 20 seconds, or use alcohol based hand rub including before and after eating, after going to the toilet and after having a cigarette



All volunteers must wear a mask when conducting face to face sessions with learners



Avoid contact with others (if possible stay more than 1.5 metres from people)



Cover your cough and sneeze, dispose of tissues, and wash your hands

- » If you are unwell or develop symptoms such as fever, cough, sore throat and shortness of breath you should not attend your session and you should seek medical advice.
- » For more information on identifying the symptoms of COVID-19, go to <https://www.health.gov.au/resources/publications/coronavirus-covid-19-identifying-the-symptoms>
- » Notify DLF immediately if you have been diagnosed with Covid-19 or have come into contact with a confirmed case.
- » If you have returned to Australia from overseas (or in some cases from interstate) you must now quarantine at home or in a hotel for 14 days. People who have been in close contact with someone with COVID-19 must also quarantine at home for 14 days. You will not be able to resume sessions until your period of quarantine is over.
- » Remember, you have a duty to take reasonable care for your own health and safety and to not adversely affect the health and safety of others.
- » If you have any concerns or questions please get in touch with a member of staff from DLF by phoning 1300 136 106
- » Please refer to [health.gov.au](https://www.health.gov.au) for current information and advice