



AUSTRALIAN ANTARCTIC PROGRAM COVID-19 SAFE RECOMMENDATIONS 2023 - 24

In order to prevent the spread of COVID-19, Influenza and other respiratory viruses, its impact on individual's health and wider AAP training/operational implications, we encourage all AAP expeditioners and head office staff to practice COVID-19 Safe Behaviours.

These include:

- Social distancing 1.5m, if able
- Wear a facemask when needed in high risk settings/time periods or when unwell.
 (N95 masks are highly protective, surgical masks are less effective)
- Adequate hand hygiene
- Do <u>NOT</u> attend work/training if unwell stay at home and inform your work group supervisor.
- Keep vaccinations up to date

The Tasmanian Government Website provides all relevant Public Health COVID-19
Information - https://www.coronavirus.tas.gov.au/





Expeditioners must notify their supervisor and the Polar Medicine Unit 24/7 On call on 03 6232 3293 if unwell, for further guidance and support.