



Australian Government

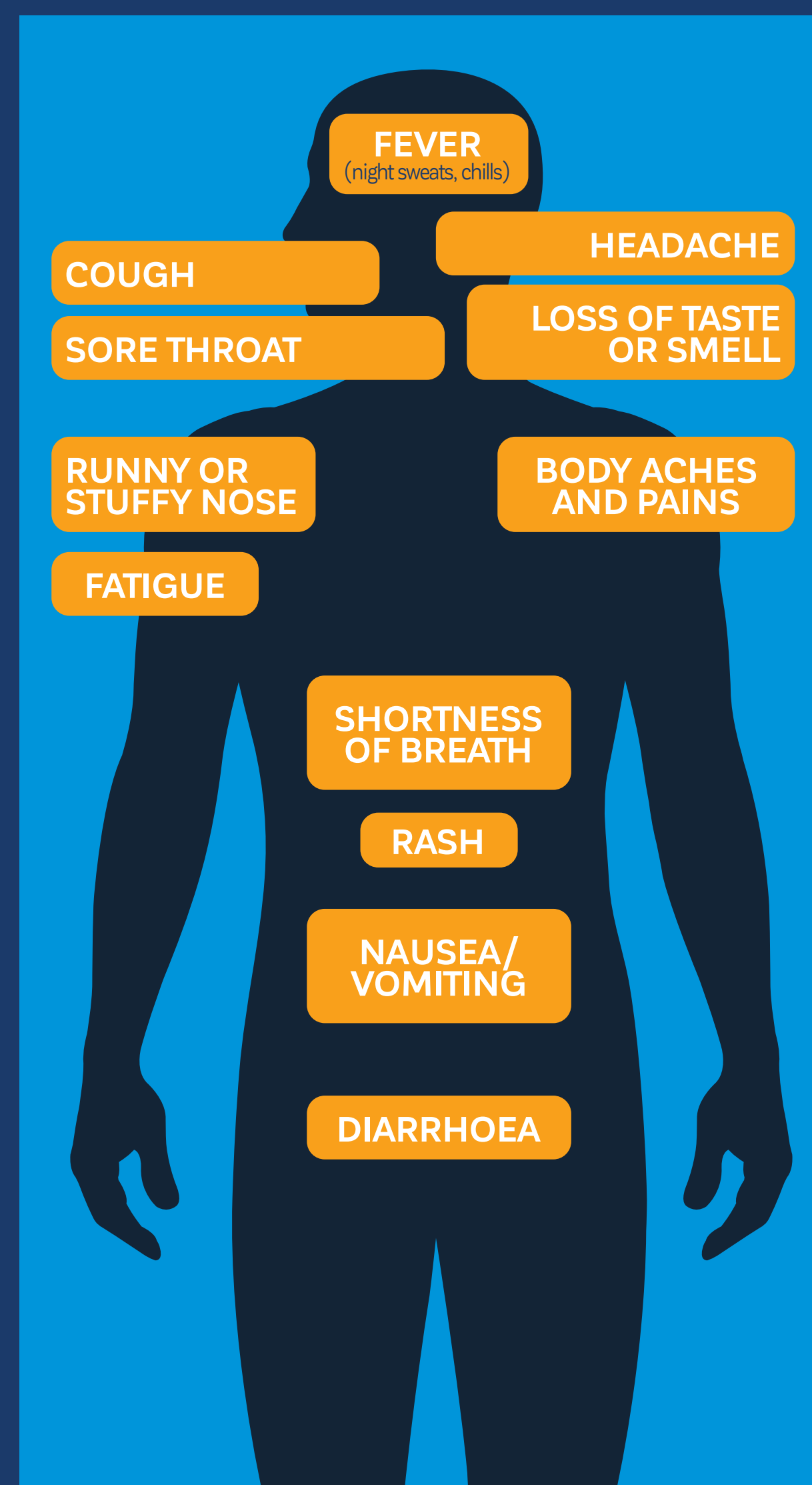
Department of Climate Change, Energy,
the Environment and Water
Australian Antarctic Division



AUSTRALIAN
ANTARCTIC
PROGRAM

INFECTIOUS DISEASE DAILY HEALTH SELF-CHECK

Be aware of ALL the possible signs and symptoms of Infectious Disease – even if mild.



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| – Cough | YES / NO |
| – Fever (or history of fever e.g. night sweats, chills) | YES / NO |
| – Fatigue | YES / NO |
| – Body aches and pains | YES / NO |
| – Headache | YES / NO |
| – Shortness of breath | YES / NO |
| – Sore throat | YES / NO |
| – Diarrhoea | YES / NO |
| – Nausea / Vomiting | YES / NO |
| – Runny or stuffy nose | YES / NO |
| – Loss of taste or smell | YES / NO |
| – Rash | YES / NO |
| – Do you feel unwell in any other way? | YES / NO |

If you have answered “**YES**” to any of these questions, do not attend work, mask-up, isolate, and seek PCR testing. Advise your supervisor and/or call your PMU Doctor.

If you are a close contact please seek Public Health and Medical advice. Consider arrangements to undertake your duties remotely where possible. Please follow Safe Behaviours – hand hygiene, mask wearing and social distancing where able.