

# Attending Campus Checklist

(As at 24 Feb 2022 and subject to revision.)

In advance	Arriving to and departing from Campus	Within buildings	In communal and teaching spaces
Monitor for COVID-19 symptoms daily. Do not come to campus if you are unwell, even with mild symptoms.	Maintain an awareness of physical distancing and of situations where a mask may be advisable.	Observe all COVID-Safe practices required for the setting.	Be aware of COVID-safe distancing and other health and Safety measure in particular areas.*
If diagnosed with COVID, be prepared to share who you may have been in contact with.	Take opportunities throughout the day to use the hand-sanitiser supplied.	Wipe your workspace and equipment with disinfectant wipes when you arrive and depart.	Ensure there is good ventilation and crossflow of air within building spaces.
Avondale will provide hand sanitiser stations and disinfectant wipes.	If you become unwell during your time on campus, leave immediately and get a COVID test (RAT or PCR).	Select meeting rooms with adequate space and room ventilation.	Wipe down communal workspaces and kitchen areas before and after use.

\*In line with public health orders, masks are not mandatory in most settings. Avondale will continue however to require masks to be worn in clinical labs within the School of Nursing and Health, and anywhere else specified under state government rules and Avondale policy.

Masks may continue to be worn by students and staff as a personal preference in areas where they are not required.

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The following summarises Avondale's 8 key COVID defence strategies, designed to support an effective return to working and studying on campus.

## Our 8 COVID Defence Strategies

- 1. Personal Health**
  - Avondale strongly encourages health habits that assist in building a strong personal immune system. This includes nutrition, emotional and psychological wellbeing, and lifestyle choices.
- 2. Vaccination**
  - To keep yourself and others safe, Avondale strongly encourages staff and students to get vaccinated and to ensure vaccinations are kept up to date.
- 3. Stay at home if sick or experiencing the mildest of symptoms**
  - Do not come to campus if you are unwell, if you have been advised to take a COVID-19 test, are awaiting the results of a test, or have been instructed to isolate by NSW Health.
  - If you are unwell or experiencing any [symptoms of COVID-19](#), you must not attend campus – stay home to avoid putting others at risk.
  - If you test positive and have been on campus within the preceding 2 days to testing positive, you must immediately inform the COVID-Safe Team via email [covid19update@avondale.edu.au](mailto:covid19update@avondale.edu.au)
  - If you are identified as a [high-risk contact](#), isolate, and get a COVID-test (RAT or PCR). If you return a positive test result, report this to our COVID-Safe Team via email [covid19updated@avondale.edu.au](mailto:covid19updated@avondale.edu.au)
- 4. Room Ventilation**
  - Ensure there is adequate ventilation in all indoor spaces. Opening windows and doors, ensuring crossflow of air is important. The use of free-standing fans is encouraged where available, and should be used to direct air out of the room, rather than within.
- 5. Physical distancing**
  - Help reduce the risk of COVID-19 infection by maintaining a distance from other people where possible and avoiding close contact with people you do not live with.
  - Signage placed across campus reminds everyone of their personal responsibility to maintain physical distancing.
  - Along with [vaccination](#), [wearing a mask](#) if needed and [good personal hygiene](#), physical distancing can help keep us all safe and protect [vulnerable people in our community](#).
- 6. Hand hygiene**
  - [Maintain good personal hand hygiene](#) to minimise the chances of transmission.
  - Practise good handwashing and cough/sneeze etiquette to minimise the chances of transmission.
  - Hand sanitiser will be provided across the campus.
- 7. Face masks**
  - While the wearing of masks is not mandatory in most settings, maintain an awareness of places where they may still be required (for example, some clinical settings and anywhere else specified under state government rules);
  - Wearing masks in settings where physical distancing cannot be maintained is encouraged.
  - Students and staff may choose to continue to wear masks as a personal preference.
- 8. Public Health Orders**
  - Avondale will continue to be guided by Government and NSW Health advice, which will mean continuing to adapt and adjust our approach as required.
  - Keep up to date with [NSW Public Health Orders](#).

## ACTIONS IF A STAFF MEMBER TESTS POSITIVE FOR COVID-19

If a staff member tests positive for COVID-19 follow the [NSW Health guidelines](#)

### A reminder:

- Do not come to campus if you are at all unwell, if you have been advised to take a COVID-19 test, are awaiting the results of a test, or have been instructed to isolate by NSW Health.
- If you are unwell or experiencing any [symptoms of COVID-19](#), you must not attend campus – stay home to avoid putting others at risk - and get a COVID-test (RAT or PCR).
- If you test positive and have been on campus within the preceding 2 days to testing positive, you must immediately inform the COVID-Safe Team via email [covid19update@avondale.edu.au](mailto:covid19update@avondale.edu.au)
- If you are identified as a [high-risk contact](#), isolate, and get a COVID-test (RAT or PCR). If you return a positive test result, report this to our COVID-Safe Team via email [covid19update@avondale.edu.au](mailto:covid19update@avondale.edu.au)
- Contact your line manager.

## ACTIONS IF A NON-RESIDENTIAL STUDENT TESTS POSITIVE FOR COVID-19

If a non-residential student tests positive for COVID-19 follow the advice from [NSW Health](#).

When Avondale is notified of a student testing positive, other students who are in the same class/es will be notified that there has been a positive COVID case in the class/es (no names mentioned). They will also be sent a reminder of their need to self-monitor for any COVID symptoms and to follow the advice from [NSW Health](#).

### A reminder:

- Do not come to campus if you are at all unwell, if you have been advised to take a COVID-19 test, are awaiting the results of a test, or have been instructed to isolate by NSW Health.
- If you are unwell or experiencing any [symptoms of COVID-19](#), you must not attend campus – stay home to avoid putting others at risk.
- If you test positive and have been on campus within the preceding 2 days to testing positive, you must immediately inform the COVID-Safe Team via email [covid19update@avondale.edu.au](mailto:covid19update@avondale.edu.au)
- If you are identified as a [high-risk contact](#), isolate, and get a COVID-test (RAT or PCR). If you return a positive test result, report this to our COVID-Safe Team via email [covid19update@avondale.edu.au](mailto:covid19update@avondale.edu.au)
- Contact your [Course Convenor](#)

## A MESSAGE FOR LAKE MACQUARIE CAMPUS RESIDENTIAL STUDENTS

### RESIDENTIAL HALLS

#### PREVENTING COVID-19 TRANSMISSION & RESPONDING

#### TO A POSITIVE CASE IN THE RESIDENTIAL HALLS

*Res students feeling unwell or experiencing any symptoms of COVID-19 or identified as a high-risk contact; isolate immediately in your room and contact Director Student Life Services on 0478 123 181 for quarantining, support, and COVID-testing.*

#### MEASURES FOR PREVENTING COVID-19 TRANSMISSION IN THE RESIDENTIAL HALLS

Facilities	Infection Prevention Strategy	Specific Control Actions
Res Halls	Building access  Comply with Public Health Orders and Avondale's COVID-Safe measures	Restricted access: <ul style="list-style-type: none"> <li>• Closed to non-residential students and visitors</li> <li>• Open to authorized staff/contractors</li> <li>• Internal doors to remain open, except fire safety doors</li> <li>• Hygiene stations at each entry</li> </ul>
Shared areas	Distribution of clear signage	<ul style="list-style-type: none"> <li>• Messaging COVID-Safe protocols, physical distancing, and density limits in shared spaces</li> </ul>
Accommodation	Single room occupancy	<ul style="list-style-type: none"> <li>• All accommodation single room occupancy</li> <li>• Closed to non-residential friends and visitors</li> <li>• Open windows if possible increase ventilation within your room</li> <li>• Residents to comply with COVID-Safety measures</li> </ul>

#### RESPONDING TO A COVID-19 POSITIVE CASE IN THE RESIDENTIAL HALLS

Isolation controls	Res Life Management support measures  Comply with Public Health Orders (PHO)	<ul style="list-style-type: none"> <li>• Isolate residents exhibiting flu-like symptoms &amp; high-risk contacts.</li> <li>• Ensure positive rapid antigen test results are logged with NSW Health: <a href="https://www.service.nsw.gov.au/transaction/register-positive-rapid-antigen-test-result">https://www.service.nsw.gov.au/transaction/register-positive-rapid-antigen-test-result</a></li> <li>• Ensure access to vital supplies (e.g., medication)</li> <li>• Implement student support plan (e.g., daily wellbeing check ins, course work support, U18 care plan)</li> </ul>
COVID-19 testing	Res Life Management to organise COVID-19 testing	<ul style="list-style-type: none"> <li>• Organise logistics of testing onsite/offsite</li> <li>• The Director, Student Life Services will require a negative RAT or PCR test before releasing a student from isolation</li> <li>• SLS will be holding a supply of Rapid Antigen Tests for on-campus residential students on an 'as needed' basis.</li> </ul>
Bathrooms/Toilets	Minimise shared use  Implement additional hygiene measures	<ul style="list-style-type: none"> <li>• Roster shared toilet usage (providing cleaning products for before and after use)</li> <li>• Roster shared shower usage (provide cleaning products for before and after use)</li> <li>• Cleaning Department rostered to clean facilities twice a day</li> </ul>
Meals	Meal delivery Minimise shared kitchen usage.	<ul style="list-style-type: none"> <li>• Organise contactless meal delivery to isolation facility</li> <li>• Roster shared kitchen usage (provide cleaning products for before and after use)</li> </ul>

	Implement additional hygiene measures	<ul style="list-style-type: none"> <li>• Cleaning Department rostered to clean kitchens twice a day</li> </ul>
<b>Student compliance</b>	<p>To ensure student compliance and safety the Res Life Management team will:</p> <ul style="list-style-type: none"> <li>• Educate residents on the precautions they should take to help protect themselves against community spread of COVID-19. E.g., good hygiene practices and the requirements to abide by PHO, university, State and Federal government protocols &amp; standards.</li> <li>• Consider requirement for residents who require isolation, to sign a behavioural agreement outlining additional requirements &amp; sanctions in the event of non-compliance.</li> <li>• Establish clear protocols for monitoring compliance, e.g., reviewing building access, random spot checks, reporting non-compliance.</li> </ul>	