Safety Note

21 January 2022

Hints on how to protect yourself and others from transmission of COVID-19

Reducing the risk of transmission

• If you have any COVID-19 symptoms, get tested and stay home, isolate until you receive your test results, and your symptoms resolve.
• Get vaccinated. Find out about the vaccine, your eligibility and how to book your COVID-19 vaccination. From 14 February 2022, persons must be fully vaccinated to attend a UQ location. See COVID-19 Vaccination information.
• Keep a physical distance of at least 1.5m from others.
• Wear a face mask whenever mandatory face masks are required
• When pushing keypads or buttons (lifts, ATMs, photocopiers etc.) use your knuckle or elbow instead of a fingertip.
• Touch your face less – image is the average number of times someone touches their face in one hour
• Practicing good hygiene habits:
  ○ Cough or sneeze into your elbow or into a tissue, then dispose of it properly.
  ○ Washing your hands properly and often.
• Avoid handshakes with others.
• Avoid sharing mobile phones, such as when showing photos to others.
• Wipe down your phone often (mobile or fixed).
• Avoid sharing pens.
• Wipe down your keyboard often and avoid sharing keyboards if possible (wipe down prior to use).
• Use a paper towel when using door handles, or use your foot to push open swing doors.
• Wash your hands after touching objects such as door handles, or after handling money.
• Use touch technology when paying for items.
• Avoid drinking through the steam hole release of take away coffee cups.
• Avoid handling straws wherever possible.
• Don’t allow your food to rest on surfaces that have not been cleaned.
• Avoid using small desktop bins when disposing of tissues that may have respiratory secretions – use a deeper floor-based bin and then wash your hands.

Resources and links

• COVID-19 advice for the UQ community