

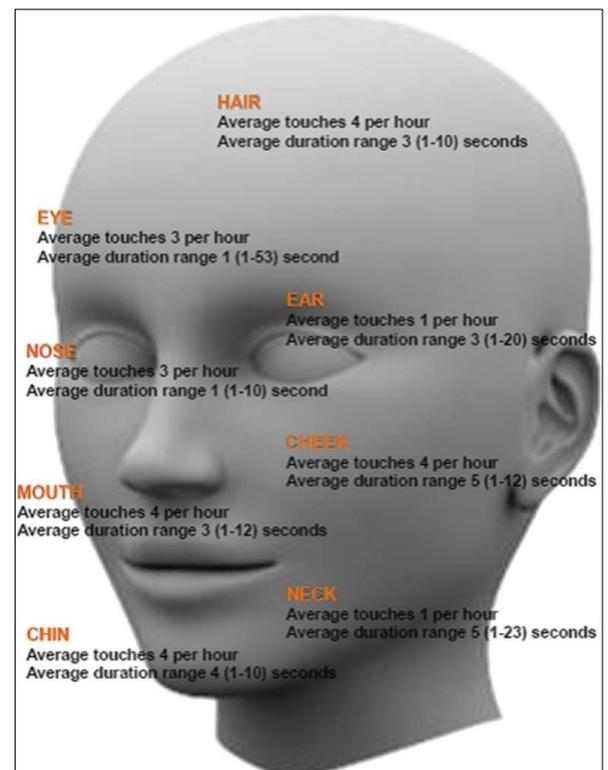
Safety Note

14 April 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.](#)
- 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](#)
- <https://www.covid19.qld.gov.au/government-actions/how-you-can-help-keep-queensland-covid-safe>