Novel coronavirus

(COVID-19)

NORFOLK
ISLAND
HEALTH
& Residential
Aged Care Service

# Health information for travellers arriving on Norfolk Island

There is currently a global outbreak of novel coronavirus (COVID-19).

Norfolk Island is currently in the recovery phase of a designated State of Emergency, managed by Emergency Management Norfolk Island (EMNI). As the population of Norfolk Island has a higher proportion of residents aged 65 years and older than most of Australia we are very conscious of the significant risks of COVID-19 entering our community.

## What can I expect when I arrive on Norfolk Island?

Depending on the number of passengers arriving on the plane, in order to ensure physical distancing from other people, you may have to wait to enter the arrivals hall.

## Key Health Messages to help prevent the spread of coronavirus

Please ensure you practice preventative health behaviours during your stay on Norfolk Island. These are:

- Physical distancing – apart from those you usually live with please maintain a 1.5m distance between yourself and others. This includes on tour buses, at restaurants or cafes, shops etc. Do not shake hands, hug or kiss people apart from those from your immediate household.

- Practising good hand and sneeze/cough hygiene is the best defence against most viruses: Wash your hands frequently with soap and water, including before and after eating, and after going to the toilet. Use hand sanitiser if handwashing facilities are not available. Cover your cough and sneezes, dispose of tissues, and wash your hands.

- Monitor yourself for symptoms including fever, cough, sore throat, excessive tiredness, diarrhoea or shortness of breath. Other symptoms include chills, body aches, runny nose and muscle pain. Loss of sense of smell or taste can occur.

## What if I develop symptoms?

If you develop any of the above symptoms, it is very important that you stay in your accommodation, call your accommodation contact person and ask them to contact the hospital on your behalf or call the hospital yourself on 22091. You must stay in your accommodation and you will be given instructions by the health professionals on what will happen next.

If you have serious symptoms such as difficulty breathing, call 000, ask for an ambulance and notify both the person who receives your call and the ambulance officers of your symptoms and recent travel history.

The Norfolk Island Hospital has limited capacity to manage serious health issues locally and will arrange for medical evacuation of seriously ill patients.

## Is Coronavirus testing available on Norfolk Island?

Testing is available on Norfolk Island through the Norfolk Island Health and Residential Aged Care Service (NIHRACS) using the latest equipment provided by the Australian Government. As for many other remote locations, the capacity for testing is limited. In most cases results can be provided within one day of the swab being taken.

## More information

For the latest advice, information and resources go to www.health.gov.au