

DOCUMENT CONTROL				
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1. Risk Assessment

- 1.1 All Lifebridge representatives are to follow NSW Department of Health advice for the ongoing control of COVID-19 in NSW.
- 1.2 The following protocols will be used to risk assess and contact manage any potential or real outbreak of COVID-19 linked to Lifebridge Australia. These protocols will be updated regularly, and it is the responsibility of Lifebridge Representatives to read and follow these directives.
- 1.3 Although risk assessments and contact management responses will be based on the protocols listed below, each situation will require its own specific risk assessment by Lifebridge Australia and/or NSW Health. Lifebridge reserves the right to issue additional directives to Lifebridge representatives based on internal risk assessments or as a result of Department of Health advice.
- 1.4 Specific risk assessments may include investigating:
 - Settings where transmission has occurred,
 - Settings where people are in close proximity for extended periods of time,
 - Settings with poor ventilation,
 - Settings where people are more likely to generate aerosols, including those where people talk loudly, sing or shout, or are engaged in physical work which increases their respiratory rate.

This list is not an exhaustive list but is indicative of circumstances, where contacts (including those who are fully vaccinated) may be assessed as higher risk than they would under the general guidance.

2. The Infectious Period

- 2.1 A person's infectious period should be assumed to be from 48 hours before onset of symptoms until medical clearance. If a person is asymptomatic, they should generally be assumed to be infectious from 48 hours before the initial positive test.
- 2.2 The risk of COVID-19 transmission is increased when a person:
 - Has close-range (<1.5m) contact with a person during the person's infectious period;
 - Shares an indoor space with a person during the person's infectious period.

3. Contact Management

3.1 Close Contact

3.1.1 You are a close contact if:

- NSW Department of Health tells you by text or phone that you are a close contact,
- A member of your household tests positive to COVID-19,

- You have spent an extended period of time with a person who has tested positive to Covid-19 with consideration given to other risk mitigation factors like mask wearing, social distancing and outdoor/indoor environment.

3.1.2 If you are a Close Contact of someone with COVID-19 you must:

- Contact the General Manager Community Services immediately.
- Self-isolate for 7 days (count days from the time the household member received a positive result) and have a Rapid Antigen or PCR test as soon as possible.
- Take a rapid antigen test (RAT) on day 6. If both tests are negative, you can leave isolation after 7 days. However -
- You are unable to return to the workplace for a further 7 days as Lifebridge is considered a “high risk setting”.
- If either test is positive you are required to continue your self-isolation and follow the Testing Positive to COVID-19 advice.
<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx>
- You should also have a PCR test if you develop any symptoms at any time during the self-isolation period or have a positive Rapid Antigen Test.

4. Testing Positive to COVID-19

- 4.1 You must contact the General Manager Community Services immediately.
- 4.2 You must self-isolate for 7 days from the day you tested positive.
- 4.3 You can leave self-isolation after 7 days if you do not have a sore throat, runny nose, cough or shortness of breath. However –
- 4.4 You are unable to return to the workplace for a further 3 days as Lifebridge is considered a “high risk setting”.
- 4.5 Lifebridge will require evidence of a negative RAT on the day the employee is rostered for their first shift back at work.

5. Casual Contact

- 5.1 If your exposure to COVID-19 was through a casual contact (not a household member or someone you have spent time including high/moderate risk factors), then an individual risk assessment will need to be conducted.
- 5.2 If considered low risk you are not required to isolate or get tested. Continue to monitor for symptoms.
- 5.3 Take a Rapid Antigen Test if concerned.

6. Monitor for Symptoms

- 6.1 You should monitor for symptoms of COVID-19 at all times. Do not come to work if you are experiencing any cold or flu like symptoms.
- 6.2 If you develop symptoms at any time, isolate and get tested as soon as possible, even if you have already received a negative test result.



All Representatives are encouraged to stay up to date with the latest information. For further up to date information please go to <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/people-exposed-to-covid.aspx>