**MILC**

**COVID 19 Policy and Plan**

Staff, students, and others on-site may come into contact with an individual currently unaware that they have coronavirus (COVID-19), and subsequently contract the virus from them.

**COVID-19 Testing**

* Free rapid antigen tests (RAT) are still available for all staff and students.
* It is recommended thatstudents and staff who are symptomatic or are a household/social/close contact of someone who has COVID-19, use a rapid antigen test.

**If you test positive**

As mandatory self-quarantine is required by DHHS, we will have residents put in isolation in a dedicated separate ensuite room for at least 5 days with a contactless meal delivery to the door.

During the 5 days of isolation, you must:

* stay in your room and do not leave unless permitted or in a emergency
* Meals will be delivered to your door.
* Garbage will be collected daily by our staff.
* You are not allowed to see visitors.

When in isolation, monitor yourself for symptoms including fever, cough or shortness of breath. Other early symptoms include chills, body aches, sore throat, runny nose and muscle pain.

You will be assisted to telephone the health clinic or hospital and tell them your travel history or that you may have been in contact with a potential case of coronavirus.

Being in isolation can be stressful and boring. We will also assist you in:

* Keep in touch with your family members and friends via telephone, email or social media.
* Where possible, keep up normal daily routines, such as eating and exercise and study online.
* Do things that help you relax and use isolation as an opportunity to do activities you don’t usually have time for.

We also aim to provide a safe and virus-free environment.

We suggest that everyone in the building should:

* cover your coughs and sneezes with your elbow or a tissue
* put used tissues straight into the bin
* wash your hands often with soap and water, including before and after eating and after going to the toilet
* use alcohol-based hand sanitisers
* avoid touching your eyes, nose and mouth

Our staff will also:

* clean and disinfect frequently used surfaces such as benchtops, desks and chairs etc.
* clean and disinfect frequently used objects such as books, crockery, cutlery etc.
* increase the amount of fresh air available by opening windows or adjusting air conditioning.

**Face Masks**

* Staff and students who wish to wear face mask should be supported to do so, and schools should continue to make face masks available for staff, students and visitors.
* The Department of Health recommends that masks should be worn by a person who has COVID-19 for at least 7 days after a positive test and close contact of someone who has tested positive for COVID-19 when leaving home.

**Vaccinations**

* Staff and students are strongly recommended to ensure they keep up to date with all recommended and available COVID-19 vaccinations.