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STUDENT AGENCY



THESE ARE THE ALERTS AND
HEALTH ADVICES THAT
YOU SHOULD TAKE INTO ACCOUNT.



During these times of coronavirus it is essential that you take care of your physical and mental health. That's why, here you will find a series of recommendations that the Australian government has made available to all the citizens.





KEEP YOUR DISTANCE

This is one of the most efficient ways to stop the spread of the virus, it's about social distancing, the more space there is between you and others, the more difficult it will be for COVID-19 to spread.

PUBLIC DISTANCING MEANS THAT PEOPLE:

- Should stay at home and only go out if it is absolutely essential.
- Stay 1.5 meters apart from others.
- Avoid physical greetings such as handshakes, hugs, and kisses.
- Travel in quiet times and avoid crowds.
- Avoid public meetings and groups specially at risk such as the elderly.
- Practice good hygiene.

TRY TO LEAVE HOME ONLY FOR THE ESSENTIALS, SUCH AS:

- Going shopping for food.
- Exercising in a public space such as a park, limited to no more than 2 people.
- Going to medical or pharmacy appointments
- Providing care or support to another person in a place other than your home.
- Going to work if you can't work from home.





KEEP YOUR DISTANCE

THE STEPS FOR SOCIAL DISTANCING IN ALL HOUSEHOLDS INCLUDE:

- Keep a minimum of visitors.
- Regularly disinfect surfaces that you touch a lot, such as tables, chairs, door handles, among others.
- Increase ventilation in the home by opening windows or adjusting air conditioning.



IF SOMEONE IN YOUR HOME IS SICK, YOU SHOULD:

- Take care of them in a single room, if possible.
- Keep the door to their room closed and have a window open.
- Wear a mask when you are in the same room as them. They should also wear a mask.
- Protect your family members, if they are vulnerable people, such as adults over 65 years old or people with a chronic illness.



If you can work from home, stay there, if you cannot work from home and you are sick do not go to your workplace.





KEEP YOUR DISTANCE

STEPS FOR SOCIAL DISTANCING IN THE WORKPLACE INCLUDE:

- Stop shaking hands to greet others.
- Cancel non-essential meetings. If necessary, make them through videoconferences or phone calls.
- Promote good hygiene.
- Provide an alcohol-based hand sanitizer gel for all staff.
- Regularly clean and disinfect surfaces that many people touch.
- Open windows or adjust air conditioning for better ventilation.
- Limit food handling and distribution in the workplace.
- Avoid non-essential trips.



TO REDUCE THE SPREAD OF THE VIRUS IN EDUCATIONAL INSTITUTIONS:

- Wash your hands with soap and water or use disinfectant constantly.
- Avoid crowds.
 - Have a regular hand washing schedule.
 - Regularly clean and disinfect surfaces that many people touch.
- If possible, take classes outdoors.
- Open windows and adjust air conditioning for better ventilation





Despite practicing social distancing, you can keep in touch with your loved ones and acquaintances, through a phone call, video calls or chats.

Public meetings and social gatherings significantly increase the risk of spreading COVID-19. The rules for these types of encounters differ between states and territories according to the 3-step plan for COVIDSafe Australia.

This pandemic has caused us to stay at home and limit our interactions and social meetings, we know that it is a difficult time for many, but our health must be our priority.

During these times it's very important to lead a healthy and balanced lifestyle. Staying active, prioritizing your mental well-being, and enjoying a healthy diet can help you strengthen your immune system and reduce the risk of depression and anxiety.





STAY ACTIVE AT HOME

- Staying active while spending more time at home will help your physical health and mental well-being.
- Carry out exercises and training, you can find a lot of options on the Internet.
- Eat healthy.



ALTHOUGH TAKEAWAY FOOD CAN BE TEMPTING, MAINTAINING A BALANCED DIET IS ESSENTIAL FOR GOOD HEALTH.

- Find recipes that involve fruits and vegetables.
- Test your cooking skills.





MENTAL WELLNESS

TAKING CARE OF YOUR MENTAL WELL-BEING IN TIMES OF CRISIS IS AS IMPORTANT AS TAKING CARE OF YOUR PHYSICAL HEALTH:

- Read a book.
- Exercise.
- Do yoga.
- Keep in touch with your loved ones.



WORKING AT HOME



MAKE WORKING FROM HOME COMFORTABLE AND PRODUCTIVE:

- Maintain a routine while working from home.
- Take active breaks.
- Take your meals at regular times

HAVE FUN AT HOME

Find fun activities to do alone or with your friends and family through the internet.





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