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STAR AVIATION COVID-19 Awareness

About This Module

The outbreak of COVID-19 in December 2019 has had a considerable impact on the global economy and on our society at large. Our organisation aims to ensure your safety and wellbeing in the workplace by monitoring and responding to the rapidly changing official advice related to COVID-19.

This module will help you gain an understanding of what COVID-19 is and how you can help contain the spread of this disease in our workplace. It is also important to **keep yourself updated** regarding this disease as much as possible to ensure that you can adequately protect yourself and other individuals who are at risk.

This module is divided into two units.

Unit 1
What is COVID-19?

Unit 2
Preventing and controlling transmission

You should allow approximately 30 minutes to complete this module. At the end of the module you will be

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STAR AVIATION COVID-19 Awareness

Learning Outcomes

By the end of this module you will be able to:

- Explain what COVID-19 is
- Identify the most common symptoms associated with COVID-19
- Explain the precautions you should take to minimise and prevent the spread of COVID-19
- Recognise some common myths about COVID-19 and the corresponding facts

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COVID-19 Awareness

Unit 1: What is COVID-19?

COVID-19 is the **official name** given by the World Health Organisation (WHO) to the respiratory illness caused by a specific type of **coronavirus**.


The first few cases of COVID-19 emerged in the city of Wuhan in the Hubei Province of China in December 2019. The infection has since spread to many countries around the world and COVID-19 was declared a **pandemic** by WHO on 11 March, 2020.

Different types of coronaviruses can cause a range of respiratory diseases which vary in severity from the common cold to fatal pneumonia. There have been other severe outbreaks of these viruses in the 21st century. These include:

- **Severe Acute Respiratory Syndrome (SARS);**
- **Middle East Respiratory Syndrome (MERS).**

The coronavirus that causes COVID-19 can cause very serious and life-threatening symptoms for many people if they become infected with it.

Various clinical studies have been conducted to understand more about the transmission of this virus and its effects on humans. The following frames will look into this in further detail.



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How does COVID-19 Spread?

COVID-19 spreads from person to person through close contact with:

- A person infected with the virus
- Contaminated droplets from an infected person
- Contaminated surfaces



Interactive image!

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Symptoms of COVID-19

Clinical investigations and [epidemiological studies](#) are ongoing to help us learn more about the origin of the coronavirus causing COVID-19, its spread, its symptoms and other features associated with it.

People infected with COVID-19 may experience a range of symptoms. The most common symptoms are:

- Fever;
- Flu-like symptoms such as dry cough, sore throat and fatigue;
- Shortness of breath.

Individuals who have [an increased risk of getting the disease](#) and those who are [most at risk of serious illness if they get the disease](#) should particularly monitor themselves for these symptoms.

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Diagnosis of COVID-19

An individual suspected of being infected with COVID-19 is diagnosed by finding evidence of the virus in samples such as:

- Swabs from the back of the nose and throat;
- Fluid from the lungs.

What should I do if I suspect I may be infected with COVID-19?

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Treatment of COVID-19

At the moment, treatment options for COVID-19 are still being developed and assessed. Early diagnosis and supportive care are however still key to managing the symptoms associated with COVID-19.


The symptoms resolve on their own over time for the majority of those infected with the virus. Those who develop serious conditions should be cared for in hospitals.

Health Sector Emergency Response Plan for COVID-19

[The Australian Health Sector Emergency Response Plan for COVID-19 Short Form](#) provides an overview of the national approach and the operational plan. Doctors and pathology laboratories must notify the relevant public health units of all people who are suspected to have contracted the virus or are confirmed to have the infection.

Public health unit staff will then investigate all cases to:

- Understand the source of the infection;
- Find out details of other people at risk of infection;
- Implement control measures and provide suitable advice.



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COVID-19 Awareness


COVID-19 and the Flu

The sudden onset and widespread outbreak of COVID-19 across nations has caused many people to draw comparisons between COVID-19 and [the flu](#).

It is important to clearly understand the differences between the two infections to ensure that appropriate public health measures are implemented and followed. Click on the boxes below for further information.

How are COVID-19 and the flu similar?

How are COVID-19 and the flu different?



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COVID-19 Myths and Facts

There are several myths surrounding COVID-19 which should be addressed to ensure that you are equipped with the correct information to manage your own health and that of others.

Hold your cursor over the Fact buttons below to see the truths related to the myths listed here.

Myth: COVID-19 is not easily transmitted in areas with hot and humid climates	Fact
Myth: You are not infected with COVID-19 if you are able to hold your breath for 10 seconds or more without discomfort	Fact
Myth: COVID-19 only affects older people	Fact
Myth: COVID-19 can be transmitted through mosquito bites	Fact
Myth: Getting infected with COVID-19 means that you will have the infection the rest of your life	Fact

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Unit 2: Preventing and Controlling Transmission

The Chain of Infection

Even though there are vaccines available, the virus is still a threat. As such, it is beneficial to understand the [links in the chain of infection](#) that explains how diseases are transmitted from one person to another. Move your cursor over each of the links in the chain below for further information.

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Practising Good Hygiene

The most important thing you can do to protect yourself and others from getting infected with COVID-19 is to follow good hygiene practices at all times. This includes:

- ✓ Washing your hands thoroughly for at least 20 seconds with soap and water or an **alcohol-based hand rub (ABHR)**
- ✓ Covering your mouth and nose with a tissue when coughing or sneezing and immediately disposing of the tissue into a garbage bin
- ✓ Using your flexed elbow if you cannot access a tissue to cover your cough or sneeze
- ✓ Following **physical distancing** measures to keep yourself at a safe distance from others
- ✓ Staying home if you are sick except when visiting your doctor, and wearing a surgical mask when you must step out of your house
- ✓ Not touching your eyes, nose and / or mouth when using public spaces

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Hand Hygiene

Hand hygiene is one of the most important and easiest ways to help contain the spread of COVID-19. You can pick up the virus when you touch infected people or things around you. When performed correctly, hand hygiene reduces the number of microorganisms on your hands.

The WHO has released a video which clearly explains how to wash your hands properly. This video can be accessed [here](#).

The key times when you should perform hand hygiene are:

- After coughing or sneezing
- When caring for a sick person
- Before, during and after preparing food
- Before and after eating
- After using the toilet
- When your hands are visibly dirty
- After handling animals or animal waste

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Physical Distancing

Even though COVID-19 vaccines have been developed to prevent infection to a certain degree, there is still a lack of specific treatment, and infection can be fatal. Studies have shown that the growth rate of a pandemic depends on the:

- Average number of people that one person can infect;
- Time it takes for the infected people to show symptoms.


A range of measures have been implemented by governments to reduce **community transmission** of the disease and help **flatten the curve**. Regardless of how well the virus is contained at any given point in time, we must continue to:

- Avoid **crowded places** whenever possible;
- Avoid close contact by keeping a distance of at least 1.5 metres from people around you in the community, in the workplace and at home.

Measures like these may cause some inconvenience, however, they help to slow the spread of the virus by reducing the ways in which people can come into close contact with each other.

Physical distancing only works if it is practised by each and **every individual**. It is important that you follow physical distancing recommendations in your community regardless of whether you are in one of the high risk groups or not.

It is also important to check **government** **Important** advice if you **plan to travel**.



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Practising Physical Distancing

If you believe that you may have contracted COVID-19, you must keep your manager and HR representative informed and follow all relevant local government advice.

When you are at work, you should also:

- ✓ Keep a distance of at least 1.5 metres from other people
- ✓ Avoid shaking hands with others
- ✓ Avoid sharing food and utensils
- ✓ Wash your hands regularly or use the ABHR provided
- ✓ Consider cancelling non-essential meetings or holding them **virtually** if required
- ✓ Avoid **non-essential travel** and reschedule large meetings to a later date



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COVID-19 Awareness

Routine Management of the Work Environment

Infectious agents can be found on surfaces and objects in our workplace. After touching these surfaces and / or objects, you can transfer **pathogens** to yourself or to your colleagues and cause an infection.

Therefore, all surfaces and objects (e.g. computer keyboards, tabletops, credit card machines and other workplace equipment) need to be cleaned regularly.

Our organisation employs cleaning staff who assist with us this; however, you should also regularly wipe down any objects that you frequently use to reduce the number of microorganisms on them.



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Our Policy

We have a COVID-19 policy which covers:

- Star Aviation's response to Covid19
- Local Covid Safe plans (per state)
- Star Aviation's Covid 19 Risk Assessments

You must read and acknowledge our organisation's COVID-19 policy.



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https://elmcoursebuilder.com.au/lms_modules/3554/course_126035_ZWRz2RwNEkzZnki5ajmpk=/content.html?t=d27cf44d40d37576bbdfefa8ef30556&cid=20&mid=14&uid=56...

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The screenshot shows a web browser window with the URL staraviation.elmotalent.com.au/learning/view-activity/20/url/14. The slide content includes the STAR AVIATION logo, the title "COVID-19 Awareness", and a section titled "Additional Resources". Below the title, it says "Click on the boxes below for other resources you can access to stay up to date with information related to COVID-19." There are two buttons: "International" and "Australia". An illustration of a person carrying a folder is on the left. A navigation bar at the bottom shows "17 of 19".

The screenshot shows the same web browser window, but the slide content has changed to "Module in Review". It includes the STAR AVIATION logo and the title "COVID-19 Awareness". The text reads: "Our organisation aims to maintain a work environment that is safe for all employees by closely monitoring and following health advice from the government. You can help our organisation to mitigate the health risks COVID-19 poses to our workforce and to the wider community by understanding how the disease is transmitted from one person to the next." Below this, it says "This module has looked at:" followed by a bulleted list: "What COVID-19 is;", "How COVID-19 is transmitted from person to person;", and "What you can do to prevent and reduce the spread of this disease." An illustration of people working at a computer is on the left. A navigation bar at the bottom shows "18 of 19".

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STAR AVIATION COVID-19 Awareness

You should call 000 immediately if you suspect that you may be infected with COVID-19 regardless of whether you show any symptoms or not. True or false?

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True

False

Click to continue

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What are some of the common symptoms of COVID-19? Select all answers that are correct.

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Itching all over the body.

Fever.

Dry cough.

Red eyes.

Click to continue

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What are some ways in which a healthy individual can get infected with COVID-19? Select all answers that are correct.

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- Coming into close contact with an infected person.
- Coming into close contact with surfaces that may be contaminated with sneeze or cough droplets from an infected person.
- Coming into close contact with the droplets from an infected person's cough or sneeze.

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What are some good hygiene practices you should follow to protect yourself and others from getting infected with COVID-19? Select all answers that are correct.

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- Only visiting places that are not frequented by people after being diagnosed with COVID-19.
- Using your flexed elbow to cover you cough or sneeze if you cannot access a tissue.
- Keeping a safe distance of 0.5 metres from people when out in the community.
- Not touching your eyes, nose and / or mouth when using public places.

Click to continue

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STAR AVIATION COVID-19 Awareness

What is the minimum distance you should maintain from other people when following physical distancing measures?

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- A 0.5 metres.
- B 1 metre.
- C 1.5 metres.
- D 3 metres.

Click to continue

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STAR AVIATION COVID-19 Awareness

What are some examples of respiratory diseases other than COVID-19 caused by different types of coronaviruses?
Select all answers that are correct.

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- Middle East Respiratory Syndrome (MERS).
- Swine flu.
- Severe Acute Respiratory Syndrome (SARS).
- Avian flu.

Click to continue

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STAR AVIATION COVID-19 Awareness

How are COVID-19 and the flu different from one another? Select all answers that are correct.

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- Both present different types of symptoms.
- Both have different speeds of transmission from one person to another.
- Both have different mortality rates.
- Both are transmitted from one person to another in different ways.

Click to continue

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STAR AVIATION COVID-19 Awareness

How is COVID-19 diagnosed? Select all answers that are correct.

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- By finding evidence of the virus in blood samples.
- By finding evidence of the virus in swabs from the skin.
- By finding evidence of the virus in swabs from the back of the nose and throat.
- By finding evidence of the virus in the fluid from the lungs.

Click to continue

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STAR AVIATION COVID-19 Awareness

How is COVID-19 diagnosed? Select all answers that are correct.

3 of 10

- By finding evidence of the virus in blood samples.
- By finding evidence of the virus in swabs from the skin.
- By finding evidence of the virus in swabs from the back of the nose and throat.
- By finding evidence of the virus in the fluid from the lungs.

Click to continue

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STAR AVIATION COVID-19 Awareness

What are some instances when you should follow good hand hygiene practices? Select all answers that are correct.

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- Before preparing food.
- After coughing or sneezing.
- When caring for a sick person.
- When your hands are visibly dirty.

Click to continue

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What are some measures you can take to practise physical distancing at work? Select all answers that are correct.

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- Washing your hands regularly.
- Avoid shaking hands with others.
- Only going ahead with travel that has already been booked.
- Holding all essential meetings virtually.

Click to continue

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STAR AVIATION COVID-19 Awareness

You can transfer viruses from yourself to your colleagues after touching surfaces and objects in our workplace. True or false?

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True

False

Click to continue

?

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What are some of the links in the chain of infection? Select all answers that are correct.

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- Reservoir.
- Portal of entry.
- Susceptible host.
- Pathogens.

Click to continue

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What is COVID-19?

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- A The official name given by the Australian Government Department of Health to the respiratory illness caused by a specific type of coronavirus.
- B The official name given by the World Health Organisation (WHO) to the respiratory illness caused by a specific type of coronavirus.
- C The formal name for the Spanish flu.

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There are currently vaccines available against COVID-19. True or false?

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True

False

Click to continue

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CONGRATULATIONS

You have successfully completed this quiz with a score of 80%.

You can now close this window.

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