

COVID-19 UPDATE



Advice for Nutrition Australia NSW Community

Valued members, clients, volunteers and supporters,

In response to the current outbreak of COVID-19 in Sydney, NSW Health has updated their advice for [Greater Sydney, Nepean Blue Mountains, Illawarra and Shellharbour regions](#).

From **23rd June 2021** and until further notice, all office staff, consultants and volunteers must:

Wear a mask at all times: In line with current NSW Health advice, everyone, must wear a mask at all times in all facilities and venues where classes are held, office and at any events.

To note, cloth masks do not meet the requirements of the NSW Health directive, only surgical masks should be worn.

Continue to follow COVID-19 safe measures including best practice infection prevention and control practices. Everyone should continue:

- Good hand hygiene, respiratory and cough etiquette
- Enhanced cleaning of shared equipment and frequently touched surfaces
- The one person per four square metre (2m x 2m) social distancing rule, where possible

Avoid unnecessary travel and work from home where possible.

Use digital class and meeting options and cease non-essential travel and face-to-face meetings.

Isolate and get tested: If you feel unwell, even with the mildest of [symptoms](#), do not come to work. Instead, stay at home, notify head office, get tested, and isolate until a negative result is received.

Regularly monitor locations of concern: The list and requirements for locations of concern is changing rapidly as contact tracing continues. Please continue to monitor the latest [NSW Health public health alerts](#), and if needed to self-isolate and be tested.

In addition, staff who live, or work in the City of Sydney, Waverley, Randwick, Canada Bay, Inner West, Bayside, and Woollahra local government [areas](#), cannot travel outside metropolitan Sydney for non-essential travel. **This does not apply for work. Staff and consultants should continue to follow current restrictions in their area when outside of work.**

If you have any questions, please contact Head Office on admin@nutritionaustraliansw.org.au.

Regards,


Barbara Ward
President

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