



Information for cargo and mail workers

This information sheet should be read in conjunction with the 'Isolation guidance' information sheets at www.health.gov.au/covid19-resources

How does the virus spread?

The coronavirus is most likely spread from person to person through:

- direct contact with a person while they are infectious
- contact with droplets when a person with a confirmed infection coughs or sneezes
- touching objects or surfaces that are contaminated by droplets coughed or sneezed from a person with a confirmed infection, and then touching your mouth or face

NOTE: This is not considered an increased risk to cargo and mail workers as on most dry surfaces, coronaviruses die within a few hours as secretions dry out.

Close contacts¹ (such as people staying in the same house or sharing a closed space for a prolonged length of time with someone who is infected) are most at risk of infection.

The World Health Organization has advised it is safe to receive international letters or packages as, from previous analysis, coronaviruses do not survive long on objects, such as mailed items².

What are the symptoms?

Symptoms may include fever, cough, sore throat, fatigue and shortness of breath. Shortness of breath is a sign of possible pneumonia that requires prompt medical attention.

What actions are recommended?

The risk of coronavirus infection from handling goods is considered extremely low.

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. Staff handling cargo and mail should:

- wash your hands frequently with soap and water, including before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and wash your hands
- avoid contact with others (stay more than 1.5 metres from people).

More information

While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness - not coronavirus.

For the latest advice, information and resources, go to www.health.gov.au

Call the National Coronavirus Health Information Helpline on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of each state or territory public health agency is available at www.health.gov.au/state-territory-contacts

If you have concerns about your health, speak to a doctor.

¹ A close contact is someone who has spent more than 15 minutes face-to-face, or more than two hours in a closed room, with an infected person.

² <https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/13.png>