

COVID-19 SYMPTOMS – SELF ASSESSMENT HEALTH CHECK

Arrabri Ski Club Inc.

Be aware if the symptoms of COVID-19.

Complete the following self-assessment before travel to Mount Hotham

<https://www.dhhs.vic.gov.au/coronavirus-self-assessment>

Self-isolate and go to the nearest COVID-19 testing station if you exhibit the following symptoms, however mild:-

- fever, chills or sweats,
- cough,
- sore throat,
- shortness of breath,
- runny nose, and
- loss of sense of smell or taste.

Contact our 24-hour hotline [1800 675 398](tel:1800675398) to find out where you can get tested at a coronavirus (COVID-19) assessment clinic, or phone your local doctor.

You must also self-isolate until your test results come back. This will reduce any risks to your family and community while you wait for your test results.

While you are in isolation you:

- must not attend work, school, childcare or university
- must not go to other public places
- must not use public transport or taxis
- must not allow visitors into your home - only those who usually live in the household should be in the home.
- must stay in a different room to other people as much as possible.

Stay up-to-date by visiting our [coronavirus \(COVID-19\) website](#) for the latest advice for Victorians and people visiting Victoria.

Testing stations in Victoria can be found via the following link:-

<https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19#key-points>

Continue to self-isolate until you receive the results if the test.

People who test positive must self-isolate for 14 days from the date of the test.