



An update on the University's COVID-19 response

14 October 2022

Dear students,

I am writing to share an update on the changes to COVID-19 regulations taking effect in NSW today, and what this means for our University community.

While we are encouraged by the growing sense of everyday life reasserting itself, as ever, the health and safety of our community remains our highest priority. We will therefore continue to follow the advice of NSW Health and adapt our conditions accordingly. And we remind all members of our community to remain careful, considerate, and respectful to protect themselves and others around them.

As case numbers in NSW have been dropping significantly, and many in our community have received their third and fourth doses of a vaccine, NSW Health has announced a relaxing of self-isolation requirements.

Changes to self-isolation rules

From today, 14 October, it is [no longer mandatory to self-isolate](#) if you test positive to COVID-19. It is still recommended, however, that you stay at home and take steps to protect others.

NSW Health recommends you get tested for COVID-19 and stay at home if you have cold or flu symptoms (runny nose, sore throat, cough, fever). You should remain at home while you are symptomatic, even if you test negative for COVID-19, so you don't infect other people.

If you test positive for COVID-19, you may be infectious for up to 10 days, but you are most infectious while you have symptoms and in the two days before your symptoms start.

What to do if you are unwell and symptomatic

To reduce the risk to others, it is strongly recommended that you:

- Stay home [until your symptoms have resolved](#).
- If you need an extension or miss an assessment or examination due to illness, you should [apply for special consideration](#).
- If you must leave the house, wear a mask when indoors and on public transport.
- Avoid large gatherings and crowded indoor places.
- Don't visit people at high risk of severe illness, anyone in hospital, or an aged or disability care facility for at least seven days.
- [Register your positive rapid antigen test](#) (RAT) with NSW Health. Registration can help you access health and other support.

Managing cases on campus

We will continue to publish [confirmed cases on campus](#) on our website. Students and staff who have been on campus during the infectious period should still notify the COVID taskforce by email at covid19.taskforce@sydney.edu.au and note the dates/times and locations they visited while on campus.

If you're unwell and need support, the University provides access to a range of [health and wellbeing services](#) that are available to support you.

Staying safe

NSW Health continues to encourage everyone across the community to do the little things to stay safe:

- Stay home if you are unwell.
- Stay up to date with your vaccinations.
- Consider wearing a mask in crowded, indoor places.
- Get together outdoors or in well-ventilated indoor spaces.
- Consider doing a RAT before visiting people at high risk of severe illness.
- If you are eligible, make an antiviral medicine plan (see the following).

If you know you are at risk of getting very sick from COVID-19 or influenza, you should discuss with your doctor what you should do if you develop cold or flu symptoms, whether they recommend you take antiviral medicine, and what test you should take if you are unwell (and if you need a pathology form for the test).

It is important for those eligible for [antiviral medicines](#) to get tested for COVID-19 as soon as they develop symptoms.

For more advice on how to stay safe and prevent the spread of respiratory viruses including COVID-19, you can visit the [NSW Health website](#).

Thank you for your cooperation and compassion as we continue to navigate the pandemic. We will keep our community updated as the situation evolves, and you can keep up to date with all the measures we are taking to protect our community on the [University's COVID-19 website](#).

Regards,
Annamarie

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Provost and Deputy Vice-Chancellor

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