



Children's Health Aid Team



www.chatinc.org.au
Suite 18, 19-21 Outram Street
West Perth WA 6005

ABN 72908832984
Charitable Collections Licence No. 20881

Travelling and Volunteering with CHAT and COVID

To be read in conjunction with WAIVER OF LIABILITY.

Children's Health Aid Team (CHAT) is pleased to welcome your interest in our upcoming trip. Before you join us, you must read this document and understand its contents.

Please understand that COVID is not a static situation and will change over time. The CHAT team relies on your continued good health to function well.

Before you leave home

Health

Ensure you consult with your doctor about travel to Vietnam, and complete your COVID vaccinations and/or boosters at least 2 weeks before departure, according to the COVID vaccination requirements of your country. If you are not vaccinated against COVID, or have an exemption to vaccination, you cannot participate on our trips.

If you have been exposed to COVID virus, testing via RAT (preferably nasal swab) is recommended for 5 full days after your last exposure. If you have symptoms (for example: cough, shortness of breath, fever, muscle aches, runny nose, loss of taste or smell, sore throat), a PCR test can be arranged through your doctor.

If you test positive within a week of departure, please consider cancelling or rescheduling your trip as you may be unable to join up with the team. CHAT takes no responsibility for extra costs involved in doing so; we advise you to take precautions in social interactions in the week before you depart and wear a mask as necessary. Our ground costs can be refunded or you can apply for another trip within the next 12 months.

Insurance

Comprehensive travel insurance which includes COVID cover is highly recommended. Make sure your policy specifically covers any medical expenses or issues related to COVID infection.

Additional items to pack

- RAT kits for self-testing.
- Masks for airport, airplane, other transportation and wherever social distancing (minimum 1.5 metres) is not possible.
- Hand sanitiser for personal use.
- Disinfectant wipes - for any surfaces such as hotel rooms.

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During Your CHAT Trip

- Masks will be required during clinical procedures, and highly recommended on the bus and any indoor gatherings where social distancing is not achievable. N95 grade masks are recommended if possible.
- Avoid touching your eyes, nose, mouth.
- Cover any sneezes or coughs; use your elbow, not your hand and step away from others.
- Use hand sanitiser or wash your hands with soap where running water is available. This is mandatory in clinical situations and before handling or eating food, and strongly recommended in public areas.
- If you have symptoms, you will be required to test for COVID-19 and may be required to isolate – consult your Leader and team medical doctor. If you test positive to COVID, you will not be able to participate further in CHAT activities and may be required to isolate for 7 days or until symptom free. Any expenses involving isolation/quarantine (e.g. additional transportation back to Ho Chi Minh City or your home country, medical care, meals, accommodation) are borne by the volunteer.
- If anyone on the team tests positive for COVID, the rest of the team will be required to undertake testing via RAT and report results to your Leader.
- It is recommended to wear a mask in social situations: many Asian countries including Vietnam generally have greater amounts of mask wearing as a courtesy to others around them.
- If you are not complying with team expectations for responsible conduct you may be asked to leave the CHAT team prematurely. Any expenses associated with such an early departure will result in no refund of your ground costs.

Returning Home

If you are symptomatic within 7 days of the CHAT trip concluding, we strongly encourage you to test for COVID infection. If you test positive, please notify the CHAT Secretary at secretary@chatinc.org.au so that we can notify the team. Your identity will not be disclosed without your permission.

Thank you for your diligence and cooperation for observing the above protocols and ensuring we keep our volunteer teams healthy and happy. We look forward to having you on a trip with us soon!

How to do a RAT - instructions can be found here:

[How to do a nasal rapid antigen test | Australian Government Department of Health and Aged Care](#)