



## COVID-19 update

We would like to thank you for your efforts and working with the COVID-19 guidelines and restrictions that have been put in place. Abbeyfield Australia continues to monitor the changing situation and relaxation of certain measures surrounding the COVID-19 outbreak in Australia.

The situation and guidelines with regard to containment and relaxation recommendations for COVID-19 are evolving, changing and vary between the States and Territories. Our preference is to adopt a cautious approach. The health and safety of our Abbeyfield residents, staff, committee members and volunteers remains of paramount importance as we all do what is possible to be proactive and prepared to prevent, detect and contain the spread of COVID-19.

Although in some areas the outbreak has been minimal, in other areas, that is not the case. For example, over the last 24 hours, five Melbourne aged care homes have gone into full lockdown after residents and staff have tested positive or await COVID-19 test results – this is a reminder for all of us to stay vigilant against the virus as restrictions ease.

We together with the Government authorities now also encourage and recommend that all residents, staff and volunteers receive a flu vaccination.

In accordance with the Department of Health – for all States and Territories, the following still applies:

### Visitors to the House

Visitors to the house and residents will still need to be limited and social distancing rules still apply:

- A visitor to a resident must only occur for the purpose of care and support
- A resident may only have one care and support visit each day
- Visitors must not use the common areas of the house. They should continue to use the external areas and external bedroom doors
- If the house has a large garden area, then visits in the outdoor space, with social distancing, is fine and preferred

### The following visitor and working restrictions still apply.

Anyone visiting or working at the house **must not** enter if:

- They have arrived in Australia from overseas with the last 14 days
- The person has had contact with a known COVID-19 case within the last 14 days
- The person has a temperature higher than 37.5 degrees or has any symptoms of a respiratory infection or a cold
- The person does not have an up-to-date flu vaccination (this is a new requirement announced by the Government)
- The person is under the age of 16 years
- The person has been diagnosed with COVID-19 and has not yet been given clearance from isolation

## Limited resident social activity

Residents should continue and be encouraged to limit interactions and engagement with others outside of the house, and remain at an Abbeyfield house as much as possible. Although self-isolation restrictions are starting to ease, residents should only leave the house for essential matters, work (if applicable), short periods of time, avoid large gatherings, busy areas and follow social distancing protocols and adhere to previously recommended personal hygiene standards.

As our communities become more active, restrictions ease and café's, restaurants and shops are reopening, it is important that you follow your State or Territory Government guidelines in relation to the relaxation of these restrictions. The following principles still apply:

- Follow the rules for gatherings that apply to individuals and businesses
- Maintain a physical distance of 1.5 metres from others
- Practice good hand hygiene
- Stay active and healthy
- Take extra care if you're around vulnerable people
- Get tested if you have any symptoms, even if mild – Testing is now more broadly available
- Stay at the house until you get results or medically cleared.

***Our regulatory obligations require that Abbeyfield Australia must be immediately notified of any suspected or actual COVID-19 outbreak or case of a resident, housekeeper, committee member or volunteer.***

***If anyone is tested for Covid-19, for whatever reason, we must also be notified immediately.***

Please contact us with any questions.

20 May 2020