

Getting over CORONA

C COVID-19 was declared a pandemic on the 11th March 2020

- ⇒ This new strain of Coronavirus was discovered in late 2019.
- ⇒ The virus was likely transmitted to humans from an animal in China.

O Organisational policy is designed to protect you and others

- ⇒ Check and follow your organisation's evolving policy relating to the COVID-19 outbreak.



R Routinely wash your hands with soap & water for 20 seconds

- *After coughing/sneezing
- *When caring for the sick
- *Before, during & after food preparation
- *Before eating
- *After using the toilet
- *After handling animals
- *After handling waste

O Over 80 year olds have a very high mortality rate of ~15%

- ⇒ Aged care clients are particularly vulnerable to health complications.

N No touch protocols will help avoid infection

- ⇒ Avoid touching your eyes, nose or mouth with unwashed hands.
- ⇒ During outbreaks avoid shaking hands and hugging.

A Ask and trust your health professional

- ⇒ Assume all WhatsApp messages or social media posts are 'fake news'.
- ⇒ A health professional will be able to help you with any questions/concerns.



V Vaccinate against influenza

- ⇒ Influenza will undermine the facility and nation's capacity to manage COVID-19.
- ⇒ From 01/05/2020, all visitors to an aged care facility need to be vaccinated against the flu.
- ⇒ Researchers are aiming to make available a Coronavirus vaccine in early 2021.

I Infection control procedures are paramount

- ⇒ Hand hygiene (wash hands frequently).
- ⇒ Cough/sneeze etiquette (use a tissue or your sleeve).
- ⇒ Clean all frequently touched surfaces and objects well.



R Regulations have been established to protect you and others

- ⇒ Social distancing measures (e.g. closing services and events), self-isolation and enforced quarantines are effective in slowing down the spread of infectious disease.

U Understand how to protect yourself and others

- *Wash your hands
- *Cough/sneeze into a tissue or your sleeve
- *Do not touch your face
- *Avoid crowds
- *Stay home if you are sick
- *Follow organisational policy
- *Clean surfaces well
- *Wear a face mask if appropriate
- *Stay informed
- *Follow health authority guidance

S Symptoms of COVID-19

- ⇒ Commonly include Fever (90%), Dry cough (~70%), and Fatigue (~40%).
- ⇒ 80% of infected people experience only mild symptoms.

CHOICE AGED CARE

