



Living Well At Bendigo

387 High Street, Kangaroo Flat VIC 3555 (opposite Harvey Norman)

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Policy re PREVENTION of Corona Virus:

These are some of the early symptoms of the Corona Virus:

- FEVER
 - COUGHING
 - SORE THROAT
 - FATIGUE
 - & SHORTNESS OF BREATHE
-
- If you have early symptoms of Corona Virus as detailed below, or flu-like symptoms, take 3 chewable vitamin C tablets daily to help prevent early symptoms from developing into a full blown case of Corona Virus.
 - If you have a fever, Panadol may assist to reduce the fever symptom, as well as seeking medical advice.
 - It is important to also get your regular flu vaccine and pneumonia vaccines etc, as if you get the Corona Virus in addition to either the regular flu or pneumonia, it will complicate and escalate the severity of the Corona virus (for which there is currently no vaccine available).
 - **BREAKING NEWS: Several vaccines have been discovered now globally as at mid November 2020, and will be rolled out to general public as soon as possible with priority given to vulnerable groups, front line people and over 50 demographic have priority to access vaccines, please watch news and discuss with your regular GP for updates and to find out which vaccine is the best fit for your situation.**

VISITOR/CONTRACTOR policy during Corona Virus:

- All Contractors must report to Manager's office.

- **All Residents must carefully screen and take responsibility re whether to unlock their unit door to their visitors and decline any access to visitors if in doubt of risk to their personal health and well being.**

If you have **serious symptoms** such as difficulty breathing, **call 000** for urgent medical help.

When to get tested

If you develop symptoms within 14 days of last contact with a confirmed case or of returning to Australia, you should seek medical attention. Your doctor will tell you if you need to get tested.

Please call the Coronavirus Health Information Line

Call this line if you are seeking information on coronavirus (COVID-19). The line operates 24 hours a day, seven days a week.

[1800 020 080](tel:1800020080)

If you're concerned

Call the Coronavirus Health Information Line for advice. If you require translating or interpreting services, call 131 450.

After testing

It may take a few days for the test results to come back.

If you have serious symptoms you will be kept in hospital and isolated from other patients to prevent the virus spreading.

- **If your doctor says you are well enough to go home while you wait for your test results, you should advise the Manager of Living Well At Bendigo of their instructions**
- **self-quarantine in your room, and please advise staff by phone to deliver meals.**

- PLEASE refrain from going outside your unit for this 14 day period.
- wash your hands often with soap and water
- cough and sneeze into your elbow
- avoid cooking for or caring for other members of your unit
- wear the mask your doctor gives you if you cannot avoid close contact with other people

Protect yourself and others

To prevent the spread of viruses, practise good hygiene and social distancing.

- Please wash your hands with sanitizer provided in Dining Room every time you enter or exit the Dining Room.
- Refrain from touching others or handshakes, a wave/smile or heel click may have to do in the meantime instead.
- Refrain from un-necessary travel or outings where you may be vulnerable to catching the virus.
- Please advise Manager if you are travelling overseas or anywhere, to ensure the safety of all residents, so people who travel will have to self quarantine in their rooms for 14 days on their return.

Good hygiene

Everyone must practise good hygiene to protect against infection and prevent the virus

Good hygiene includes:

- covering your coughs and sneezes with your elbow or a tissue
- disposing of tissues properly

- washing your hands often with soap and water, including before and after eating and after going to the toilet
- using alcohol-based hand sanitisers
- cleaning and disinfecting surfaces
- if you are sick, avoiding contact with others and staying more than 1.5 metres away from people

Surgical masks

- **Wearing a surgical facemask in public whether indoors or outdoors is a Victorian State Government regulation ,non-compliance may attract a \$200 fine.**
- Face masks primarily target the first route of transmission through preventing both inward and outward flow of virus carrying droplets.
- Masks can protect both the wearer and other people.
- If our hands become contaminated with the virus wearing a mask may also prevent us touching our face and becoming infected.