**Covid -19 Virus Policy and procedures -Update 21 September 2020**

**Physiotherapy Home visits are considered an essential service by the Australian Government**. Through rigorous hygiene practices and patient screening (Safe Work Australia April 3rd 2020), our commitment is to keep our patients and staff safe at this challenging time. Your Physiotherapist has undergone training in infection control, hand hygiene, how to safely put on and take off PPE, as well as how to safely dispose of PPE.

**What Personal Protective Equipment (PPE) does your Physiotherapist use on every visit?**

1. Surgical face masks
2. Gloves
3. Safety glasses
4. Plastic aprons
5. Anti-bacterial hand wash
6. Hand sanitiser

7 Alcohol wipes/ hospital grade cleaning detergent

**How do we ensure it is safe for our team to provide physio services?**

In addition to wearing PPE and carrying out stringent infection control measures your Physiotherapist will also:

* Not attend work if they are unwell.
* Attend COVID testing if they experience symptoms.
* Will not enter a home if the patent or household member is unwell.
* Check their temperature and ensure they are fit for work.
* Monitor the latest NSW COVID-19 updates daily and ensure they have not visited any hotspot locations at the times advised by the NSW Government.
* Clean personal items used in the workplace such as glasses and phones regularly using hospital grade disinfectant/alcohol wipes.

**Patient Screening- In accordance with Safe Work Australia**

Please contact us on 0415 572 849 and cancel your appointment or have it rescheduled if you:

* feel unwell, or a member of your household is unwell.

If you or a member of your household has returned from Overseas or Melbourne in the past 14 days. If you are unsure if the area you have been to is considered high-risk or moderate-risk, please visit the [Department of Health website](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert#travellers-and-visitors). Or you or any one in your household have visited any hotspot locations at the times advised by the NSW Government.

* know you may have been exposed to COVID-19.
* are awaiting results from a COVID-19 test.

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**We ask our patients to:**

* Regularly wash your hands with soap and water (for at least 20 seconds with warm water and soap and dry thoroughly);
* Cover your mouth and nose when coughing or sneezing (cough or sneeze into a tissue or your elbow);
* Avoid touching your eyes, nose and mouth;
* Avoid close contact with anyone with cold or flu-like symptoms;
* If you feel unwell, get tested and isolate;
* Wear a mask when out in public and unable to socially distance;
* If you have concerns regarding your health, seek prompt medical advice.

The symptoms of coronavirus are documented on the Australian Government’s [Department of Health website](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert#travellers-and-visitors). If you are unwell and require urgent medical attention you should contact your GP or call 000 for an ambulance.

**Further Information Resources- sourced 21st September 2020**

This document is based on advice and policies from the Australian Physiotherapy Association, The World Health Organisation and the Department of Health.

Australian Physiotherapy Association Website: <https://australian.physio/coronavirus>.

National Coronavirus Health Information Line 1800 020 080

NSW Health

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

Visit the [World Health Organization](https://www.who.int/health-topics/coronavirus)   
<https://www.who.int/health-topics/coronavirus>

Clinical Excellence Commission

<http://www.cec.health.nsw.gov.au/patient-safety-programs/infection-prevention-and-control/novel-coronavirus-2019-ncov>