

# What's New ACLS COVID-19 Update 1

19th March 2020

Number of confirmed cases in Australia as of 6:30 this morning



Current general measures to reduce the rate of transmission



Wash all parts of your hands with soap and water and dry well regularly or use an alcohol based hand sanitiser and clean all parts of your hands.

Social Distancing:

- Where practical keep a distance of **1.5 metres** from other people
- Don't kiss, hug or shake hands

Practice cough etiquette



Organised Group Gatherings

At this time limits have not been placed on workplaces, schools, universities, shops, supermarkets, public transport and airports.

*Gatherings of people have been reduced from*

**500 > 100**

## Residential Aged Care and Visitors

There are new visitor restrictions, they include anyone who:



*Returned from any overseas country in the last 14 days*



*Has been in contact with a confirmed case of COVID-19*



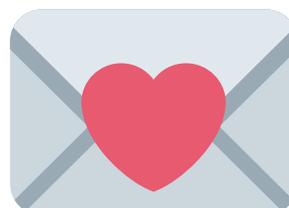
*Has fever or symptoms including cough, sore throat or shortness of breath*

**From 1 May anyone who visits residential aged care must have had their influenza vaccination.**

**These are the extra precautions for anyone coming to visit your service:**

- Keep visits short
- No more than two visitors, including doctors, at a time per day
- Visits should occur in the person's room, outdoors, or a specific area that your service decides on as an appropriate and safe place
- No visiting in communal areas
- No large group visits or gatherings, social activities or entertainment
- Any size school groups must not visit
- No children aged under 16 years to visit except in special circumstances

*It is suggested that visitors keep in touch by: making phone or video calls, emails, text messages, send postcards, letters, photos or videos.*



## Identifying and Responding to COVID-19 in Older People

If you observe a person having trouble; breathing, fever, coughing or with flu-like symptoms; tell the person in charge straight away. Older people may not have typical flu-like or respiratory symptoms. Also look out for and report:

- Signs of delirium
- Loss of appetite
- Something just not right, the person is not their usual self

The person in charge or manager should contact the person's doctor.



## Government Reporting

If three or more consumers have flu-like symptoms, or there is one confirmed case of COVID-19, then your state or territory public health unit should be contacted- <http://www.health.gov.au/state-territory-contacts>



## More Help and Information

### The National Coronavirus (COVID-19) Health Information Line

is **1800 020 080**. It operates 24 hours a day, seven days a week.

[Aged Care Quality and Safety Commission](#)

[Department of Health](#)

[World Health Organisation](#)

## References

[Aged Care Quality and Safety Commission](#)

[Department of Health](#)

[World Health Organisation](#)

[CDNA National Guidelines for the Prevention, Control and](#)

[Public Health Management of COVID-19 Outbreaks in Residential Care Facilities in Australia](#)