

What's New ACLS COVID-19 Update 2

23rd March 2020

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



Infection Prevention and Control

- Standard precautions must be used at all times.
- Additional precautions must be taken when caring for someone with COVID-19.
- Use Personal Protective Equipment as directed by your workplace.

New Precautions and Requirements

Visiting restrictions – refer to **ACLS COVID-19 What's New Update 1**

Social distancing must be strongly encouraged. Any visitors should keep 1.5 metres away from other people and especially those living at your service. Those living in residential aged care should keep 1.5 meters away from others.



Visitors should be asked about their current health status and especially about any symptoms of respiratory illness and COVID-19 symptoms. Temperature checks before entering the service could be considered.



Admissions and Transfers

There are now restrictions of new people coming to live in residential aged care and for people coming back from the community or other health care settings (for example hospital).

Guidelines include testing and medical assessment. Constant checking and then reporting must be done if there is any indication the person is unwell.

Strict infection prevention practices and additional precautions where appropriate should be implemented.

No new people (consumers) with COVID-19 compatible symptoms will be allowed.



Current general measures to reduce the rate of transmission



Hand Hygiene

You should wash your hands for a minimum of **20 seconds**. Wash all parts of your hands with soap and water. Dry your hands completely with a single use paper towel 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
- Keep close physical contact to a minimum but make sure you still provide the care and services people need

Practice cough etiquette



Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.



Dispose of tissues immediately after use.



Wash your hands thoroughly.

Residential Aged Care Entry

No one can enter a residential aged care service (including workers) if they have:



Returned from any overseas country in the last 14 days



Been in contact with a confirmed case of COVID-19



Fever or symptoms including cough, sore throat or shortness of breath



All workers must stay home, self-isolate and let their workplace know



All workers should be tested if they have a fever, any respiratory illness symptoms or COVID-19 symptoms

From 1 May everyone including workers and all other visitors must have had their influenza vaccination to visit or work in residential aged care.

If you work in home care check with your manager about any special restrictions or requirements.

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](#)