



IMPORTANT: COVID-19 Update – Remaining safe inside and outside the workplace

Date: 22 October 2020
To: All Employees, Calvary ACT
From: Martin Bowles, National CEO | Barb Reid, Regional CEO - ACT

This year, COVID-19 has presented us with the public health emergency of our generation. While fortunately we are now beginning to see the COVID-19 situation in Australia ease, our work is not yet over.

As the rates of reported community transmissions continue to decrease, we must remain attentive to our important infection prevention practices that protect you, our staff, and the people in our care. COVID-19 is not over. COVID-19 is highly contagious and we must remain cautious to avoid an outbreak in our services.

Calvary ACT employees and our VMO partners have demonstrated significant resourcefulness, adaptability and resilience over the past eight months of the pandemic – a particularly difficult time for us all. Together we have worked hard to mitigate the risk of infection and have successfully responded to the challenge of keeping our patients, residents, clients, their families and our colleagues safe. To date, your discipline, training and commitment to clinical safety across our services, whether hospitals, aged care or community care has been fundamental to our performance.

For the continued safety of the people in our care, our colleagues and our Canberra community, we need to remain on guard and follow our COVID safe plans and protocols with the same attention and discipline we have shown to date.

Monitor your health and stay at home if unwell

COVID-19 presents as a mild illness for approximately 80% of cases, with fever and cough being the most commonly reported symptoms.

If you are unwell and are showing signs or symptoms of COVID-19, respiratory illness, gastroenteritis, as below, you should not present to work.

- fever;
- respiratory symptoms; including:
 - coughing;
 - sore throat; and/or
 - shortness of breath.

Other symptoms include headache, sore throat, fatigue, shortness of breath, myalgia, anosmia, dysgeusia, rhinorrhoea, chills and vomiting. Atypical symptoms of COVID-19 may also occur including chest pain, diarrhoea and conjunctivitis.

For more detailed information, please consult the latest [CDNA National Guidelines for Public Health Units](#).

Routine screening and temperature checks

Screening questions and temperature checks of all staff and others entering our sites will continue. An elevated temperature is one of the symptoms of COVID-19, and as a precautionary measure, any person with a temperature recorded at 37.5 degrees Celsius or greater will be requested to leave the facility.

This measure is to reduce the risk of potential COVID-19 transmission to other members of staff, GPs and VMOs, and the vulnerable people in our care.

New Screening Kiosks and the Check-in App

Given we believe we will be living with COVID-19 for some time, Calvary is investing in technologies to improve and streamline the process and documentation of screening and temperature checking.

In Calvary Community Care, the newly launched Check-in App is being used for staff to answer the self-declaration questions required to determine health and travel history. This has been rolled out in Victoria, ACT, the Northern Territory, Tasmania and NSW, with South Australia to follow soon.

In hospitals and aged care, a kiosk is being developed to replace the screening stations currently in place. This device will register staff, visitors and any other entrants to the facility, capture the screening questions, and record the temperature of the person.

A pilot will be undertaken at four sites, including our Tasmanian Launceston hospitals, Calvary Bethlehem in Melbourne, and Calvary Flora McDonald Retirement Community in Adelaide.

Exercise good hand hygiene, respiratory hygiene and social/physical distancing

Please continue to wash your hands well and regularly and in accordance with our infection prevention protocols. Use good cough and sneeze etiquette – cough into your elbow and cover your nose and mouth when sneezing.

Social/physical distancing of 1.5 metres separation greatly reduces the risk of infection.

Please ensure you adhere to all your local workplace requirements.

Wear your Calvary reusable mask when commuting

For your safety outside of the workplace, Calvary will be issuing every employee with three reusable face masks over the next six to eight weeks.

Using a face mask while using public transport or in other public places where social/physical distancing is not possible greatly reduces the risk of infection.

Remember that while our main focus is always the safety and wellbeing of the people in our care, we need to also take care of ourselves too.

If you haven't taken the time to take annual leave over the past eight months, please discuss taking a break with your Manager. Self-care is fundamental to us being able to provide high quality care to others.



Now as much as ever, we must stay cautious and committed to ensuring a COVID safe environment across our services. For your hard work and your commitment to everybody's safety at Calvary, we thank you for all that you have done and continue to do in these particularly difficult and uncertain times.