



IMPORTANT: COVID-19 Update – Changes to Aged Care visitor restrictions and PPE requirements in NSW

Date: 11 November 2020
To: All Employees, CRC NSW
From: Bryan McLoughlin, Regional CEO – NSW | Luke Sams, National Executive Advisor - Aged Care

The COVID-19 situation in NSW is improving. In Newcastle and the greater Hunter, the situation remains stable with no new positive cases identified in the past three months.

Accordingly, we are pleased to be able to take the next step in easing restrictions, removing the need for visitors and staff of our Hunter facilities to wear a face mask from Thursday 12 November 2020.

PLEASE NOTE: Masks will continue to be worn by visitors and staff at Calvary Ryde Retirement Community until further notice due to ongoing community transmission in the Sydney Metropolitan Area.

As the rates of reported community transmissions continue to decrease, restrictions will continue to ease. This does not mean the virus is gone. COVID-19 is not over. COVID-19 is highly contagious and we must remain cautious to avoid an outbreak in our services.

To protect each other, and the people in our care, we must remember to:

- **Exercise good hand hygiene.** Please continue to wash your hands well and regularly and in accordance with our infection prevention protocols.
- **Maintain social/physical distancing.** Social/physical distancing of 1.5 metres separation and 1 person per 4 square metres greatly reduces the risk of infection.
- **Use good cough and sneeze etiquette.** Cough into your elbow and cover your nose and mouth when sneezing. If you have a new persistent cough, you should not be at work.
- **Stay at home if you are feeling sick or unwell.** 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.



- **Wear your Calvary reusable mask when commuting.** Calvary will be issuing every employee with three reusable face masks over the next 3-5 weeks. Using a face mask while using public transport or in other public places where social/physical distancing is not possible reduces the risk of infection.

Together we have worked hard to mitigate the risk of infection and have successfully responded to the challenge of keeping our residents, their families and our colleagues safe.

Now as much as ever, we must stay cautious and committed to ensuring a COVID safe environment across our NSW aged care 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 challenging times.