

INFORMATION FOR BANKSIA COMMUNITY CARE CLIENTS AND THEIR FAMILIES

21/04/2022

Re: COVID-19 guidelines

Dear Community Care Clients,

As you are probably aware, COVID-19 is now common in the community. The Department of Health ask people with COVID-19 to tell the people they have spent time with from the 2 days before they started having symptoms or 2 days before they tested positive (whichever came first) that they have COVID-19.

The risk of infection with COVID-19 increases:

- with the amount of time you spend with someone who has COVID-19 and how closely you interacted with them
- when you are indoors (the risk is lower if you are outdoors)
- when you don't wear a mask (the risk is much lower if the person you are with also wears a mask).

Vaccination decreases the risk of getting COVID-19, but this protection reduces over time and can be less effective against certain variants of COVID-19, such as Omicron. Booster doses significantly help increase this protection, including for the Omicron variant.

Vaccination is also important in protecting against severe illness.

Reduce your risk by:

- Receiving recommended COVID-19 vaccinations and booster doses.
- Asking visitors to your home if they have any symptoms, or if they have been in contact with someone who has COVID-19
- Wearing a mask during services, and when you leave home.

Banksia Community Care

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Banksia Villages Ltd
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- Regularly cleaning your hands for at least 20 seconds with soap and water, or use an alcohol-based sanitiser with at least 60% alcohol,
- Covering your sneeze or cough with your elbow or with tissue,
- Avoid close contact with people who are ill,
- Avoid touching your eyes, nose, and mouth.

What should I do if I have been exposed to someone who has COVID-19?

Your risk of getting COVID-19 will be based on the type of contact you had with a person who has COVID-19. When thinking about your testing and isolation requirements, think about your circumstances, including the risk you could infect vulnerable people you live or work with. All people exposed to someone with COVID-19 should watch carefully for symptoms. If symptoms occur, have a test immediately.

From 6pm on Friday 22 April, close contacts (defined as a household contact or an individual deemed by NSW Health to be a close contact) will not have to isolate, as long as they have no symptoms and comply with the following guidelines:

- Do not visit aged care, hospitals, disability, and correctional facilities unless a special exemption applies;
- Wear a face mask in indoor settings outside the home;
- Undertake daily RAT tests before coming into close contact with people outside their household, where practicable;
- Avoid contact with elderly and immunocompromised persons where possible;
- Work from home where practical;
- Notify their employer/educational facility that they are a close contact, and that they are not required to isolate as long as they comply with the above.

Close contacts will need to comply with the above guidelines for 7 days from the time a person in their household tested positive for COVID-19.

More information can be found at:

<https://www.nsw.gov.au/covid-19/management/people-exposed-to-covid>

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Banksia Community Care is continuing to operate as usual, however, on occasion there may be some unavoidable disruptions or changes to services. We would like to take this opportunity to thank you for your understanding surrounding the potential impact on services. We are doing our best to ensure our valued clients continue to receive quality and reliable home care services.

If you have any concerns about COVID-19 or would like to discuss any of the information given above, please feel free to contact me.

Kind Regards,

Charlene Dallimore

Community Care Manager

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