

COVID19

General Information and Advice

Keep each other safe

When visiting our facilities, we want to keep you, your loved ones and our staff safe.

This document provides:

- *key information on COVID19*
- *advice on how this infection is transmitted*
- *instruction on how you can help to reduce the risk of transmission.*

What is COVID19?

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What is COVID19?

COVID19 is also known as:

- SARS-COV-2
- Coronavirus

COVID19 is a Pandemic

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Pandemic:

is an epidemic that is spread over a number of countries or continents

Epidemic:

a disease that affects a large number of people within a community, population or region

How is COVID19 Transmitted?

DROPLET – CONTACT – AIRBORNE

DROPLET

- Infectious pathogens propelled a short distance talking, coughing and sneezing
- Get in to mouth, eyes, and nose
- They do not stay in the air for long and can drop onto surfaces

How is COVID19 Transmitted?

DROPLET – CONTACT – AIRBORNE

CONTACT

from surfaces, inanimate objects
such as:

- Door handles
- equipment hoists, commodes
- Utensils like cups & cutlery

How is COVID19 Transmitted?

DROPLET – CONTACT – AIRBORNE

AIRBORNE

- Remain *suspended in air* for long periods of time.
- Dispersed by turbulent air currents
- Generated by *Aerosol* Generating procedures i.e. High flow nasal oxygen
- Crowded spaces – *not physical distancing* – lots of *shouting* and *laughing*

What you can do.

- Don't visit if you are unwell
- Maintain social distancing
- Hand hygiene thoroughly and often
- Only visit the areas/residents as direct by our staff
- Limit the surfaces you touch

Cough etiquette and basic infection control advice

- Think about what your hands touch
- Avoid touching railings and handles
- Where possible push a door open with shoulder and elbow
- Avoid touching your face

Please ask questions.

Let us know if you need information or support.

How to wash your hands

With soap and water

Steps 1–4 below should take 40–60 seconds.

1

Wet hands,
then apply soap



2

Lather for at least 20 seconds.
Pay attention to the backs of
hands and fingers, fingernails
and the webbing between fingers



3

Rinse hands under
running water



4

Dry hands with
a clean towel, or
fresh paper towel



With hand sanitiser

1

Apply enough
product to
cover
both hands



2

Rub all surfaces of both hands



3

Rub hands together until dry

Older adults and other vulnerable groups

Who is more likely to develop serious illness:

- Older people
- Obese people with/without underlying problems
- Cardiovascular disease
- Diabetes
- Chronic respiratory disease
- Cancer

Older adults in residential care

Covid-19 is a significant health risk for residents. WHY?

- Multiple co-morbidities
- Low immunity associated with age
- Dementia – Wandering residents – unable to cooperate with daily living activities
- Residential facilities are also not healthcare facilities they are resident's homes and work to different standards and processes

Do you need more information ?

Please visit the following link:

https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus