From: Trevor Clarke <tclarke@actu.org.au> Sent: Tuesday, June 30, 2020 11:29 AM

To: Luis Izzo <Luis.Izzo@ablawyers.com.au>; Chambers - Ross J <Chambers.Ross.j@fwc.gov.au>; Michael

Rizzo <mrizzo@asu.asn.au>; Sophie Ismail <sismail@actu.org.au>; AMOD <AMOD@fwc.gov.au>

**Cc:** Tamsin Lawrence <Tamsin.Lawrence@australianchamber.com.au>; Stephen Smith <Stephen.Smith@aigroup.com.au>; Brent Ferguson <Brent.Ferguson@aigroup.com.au>

Subject: Re: AM2020/30: Clerks - Private Sector Award 2020

Good morning Tahleah,

In relation to the following awards:

- Aboriginal Community Controlled Health Services Award 2010
- Aged Care Award 2010
- Ambulance and Patient Transport Industry Award 2010
- Health Professionals and Support Services Award 2010
- Medical Practitioners Award 2020
- Nurses Award 2010
- Pharmacy Industry Award 2010
- Social, Community, Home Care and Disability Services Industry Award 2010
- Supported Employment Services Award 2010

We rely on document 1 referred to below in support of the proposition that the COVID-19 pandemic still exists.

We rely on the following advice promulgated by the Department of Health in support of the proposition that requirements to self isolate or quarantine are still part of the public health response to COVID-19 and that the COVID-19 Pandemic still exists:

https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/isolation-for-coronavirus-covid-19 https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/quarantine-for-coronavirus-covid-19

We rely on the following advice promulgated by the Department of Health that the workers performing work under these awards interact with persons who face more serious health risks in the event of exposure to COVID-19:

https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19

https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-aboriginal-and-torres-strait-islander-peoples-and-remote-communities

https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-older-people https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-older-people https://www.health-alert/advice-for-older-people https://www.health-alert/advice-for-olde

people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-people-in-aged-care-facilities https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-people-with-chronic-health-conditions

https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-people-with-disability

Regards,

#### **Trevor Clarke**

Director, Industrial and Legal

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follow us on twitter <u>@unionsaustralia</u> and <u>@thisworkinglife</u> like us at facebook.com/AustralianUnions

#### Please note that I do not work on Tuesdays.

The ACTU respectfully acknowledges that our building stands on the lands of the traditional owners and continuing custodians of Melbourne, the Boon Wurrung and Woi Wurrung language groups of the greater Kulin Nation.



Home > News > Health alerts > Coronavirus (COVID-19) health alert > How to protect yourself and others from coronavirus (COVID-19)

# **Isolation for coronavirus (COVID-19)**

A person with coronavirus (COVID-19) or who is suspected to have it must go into mandatory isolation. Read more about what isolation is, steps you should take while in isolation, and what to do if you live with someone in isolation.

#### What is isolation?

A person with coronavirus (COVID-19) or suspected to have it must enter mandatory isolation. Isolation is different from quarantine and physical distancing.

# Who must go into isolation

You will need to isolate to prevent the spread of the virus to others if:

- you have COVID-19
- health authorities suspect you have COVID-19

You will need to isolate in:

- · hospital if you need hospital care
- your home if it is suitable
- another location if needed as decided by your public health authority

The public health authority will advise you when you can leave.

# Steps you need to take while in isolation

If you are not at home when you find out you have COVID-19, you must go straight home. You cannot stop anywhere, not even to buy medicine or groceries. Where possible, use personal transport such as a private car.

You must stay isolated until your public health authority advises you are safe to leave. If you leave isolation without permission you may face criminal charges or a fine.

Isolation means you:

- must not leave your home except in an emergency or to get essential medical care
- must not go into public places including work and shops
- must not let any other person into your home unless the person
  - lives with you and cannot live somewhere else
  - is providing medical care for you
  - is entering for an emergency

You should tell your public health unit before leaving your house if possible. If you leave, you must wear a mask.

If you live in a house, you may go into your garden or courtyard. You can go onto your balcony if you live in an apartment or are staying in a hotel.

If you are in a hotel you must avoid contact with other guests and staff.

#### **Monitor symptoms**

If your symptoms get worse phone your doctor. You should be on the lookout for high fevers or trouble breathing. Keep in contact with your GP so they can monitor your health.

If you are having serious symptoms you should call 000 straight away. This includes shortness of breath, difficulty breathing or chest pressure or pain. Tell the ambulance staff you have COVID-19.

If you live alone, a friend or family member can ring you to check you are OK.

# Living with other people while in isolation

If you share your home with others, you should limit your contact with them. Do this by:

- staying alone in your own room
- using a different bathroom, if possible
- avoiding shared areas
- wearing a mask when in the same room as others
- not being in the same room as other people, especially people at risk of severe disease (this includes elderly people and people with heart, lung, or kidney conditions and diabetes)
- practising good hand hygiene and covering coughs and sneezes
- not sharing household items
- frequently cleaning the house, especially things people touch often, like door handles

## Cover coughs and sneezes

Practise good cough and sneeze hygiene:

- cover your mouth and nose with a tissue when you cough or sneeze
- if you don't have a tissue, cough or sneeze into your sleeve or elbow
- place used tissues in a bin
- wash your hands straight away with soap and water for at least 20 seconds or
- use an alcohol-based hand sanitiser

# Wash your hands regularly

You should wash your hands often with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitiser if your hands are not visibly dirty.

Always do this:

before entering an area where there are other people

- before touching things used by other people
- after using the bathroom
- after coughing or sneezing
- before putting on, and after removing, gloves and masks.

#### Wear a mask

Wear a mask when you are:

- in the same room as another person, even if they are also in isolation
- passing through communal areas
- you visit a health care provider

Make sure your mask covers your nose and mouth at all times. Don't touch your mask unnecessarily and replace it if it is wet.

#### Don't share household items

You should not share items with people in your home if possible, including:

- dishes
- drinking glasses
- cups
- cutlery
- towels
- bedding

After using these items, wash them with soap and water or put them in a dishwasher or washing machine.

# Steps other members of the household and caregivers can take to prevent infection

You should only share a house with a person with COVID-19 if:

- you are providing essential care to that person
- you cannot find a different place to live

People who stay in the same place as someone with COVID-19 will be a close contact and must follow guarantine rules. People should follow these rules for 14 days from when the person with COVID-19 was last infectious.

#### Wash your hands

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitiser if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands. Always wash your hands before putting on and after taking off gloves and masks.

#### Wear a mask

Wear disposable masks and gloves when:

- you are in the same room as the person with COVID-19
- you touch or have contact with the person's blood, body fluids and/or secretions

You should:

- make sure your mask covers your nose and mouth at all times
- throw out masks and gloves after use
- · wash your hands immediately after taking off masks and gloves

#### **Monitor symptoms**

If you are a caregiver or household member and develop a cold or flu-like symptoms you should call your GP or <u>healthdirect</u>. Tell them you are a close contact of someone with COVID-19.

If you become very unwell and it is a medical emergency call 000.

# **Cleaning**

Clean all 'high-touch' surfaces at least once per day wearing water-proof disposable gloves. This includes:

- benchtops
- tabletops
- doorknobs
- bathroom fixtures
- toilets
- bedside tables
- phones
- computer keyboards
- tablets

You should also clean any surfaces that may have blood, body fluids and/or secretions on them.

Read labels of cleaning products and follow the instructions for use. Labels contain instructions for safe and effective use of the cleaning product. They also include precautions you should take when applying the product.

There are 2 options for cleaning something:

- a 2-step cleaning process, where you clean something with detergent and then disinfect it
- a 1-step process, where you use a combined detergent and disinfectant product.

The disinfectant you use should say on the label it is hospital-grade that kills viruses. You can also use a chlorinebased product such as bleach.

If you are cleaning something for another person who has COVID-19 you should:

- wear a mask and disposable gloves when handling soiled items
- wash your hands immediately after removing gloves and masks
- wash laundry. Do not shake the laundry items before washing
- remove and wash clothes or bedding that has blood, body fluids and/or secretions on them
- read and follow the directions on laundry items and detergent. Wash and dry with the warmest temperatures recommended on the label

wash dishes in a dishwasher where possible

Put gloves, masks, and other contaminated items in a lined waste bin before disposing of them with other household waste. Wash your hands immediately after handling these items.

# How to get food and medication

You can get food and medication while in isolation in the following ways:

- Ask friends or family members you don't live with to get food and medication to leave at your door. If you need a prescription filled arrange this with your usual pharmacist or GP. You can then let your friend or family member know where to go to collect the medication.
- Arrange a food delivery service. Have all food left outside your house. Do not let any delivery person into your home.
- If you need a prescription filled, you can arrange for your doctor to send your prescription to your pharmacy. They can then deliver it to your house. Read more about getting medicines and accessing health services.

### Returning to your community

Your Public health Unit will advise you when you are clear to end isolation and return to normal activities.

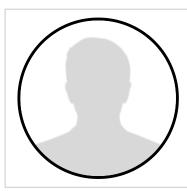
You must continue to practise physical distancing, and good hygiene.

If you become unwell and have any cold or flu like symptoms return home and contact your doctor.

# Support services

There are a range of support services available to help you. You can do the following:

- Visit Head to Health for links to trusted Australian mental health online and phone supports, resources and treatment options. This useful website also has online programs and forums, as well as a range of digital information resources.
- Contact your <u>local state and territory health departments</u>.



#### **National Coronavirus Helpline**

Call this line if you are seeking information on coronavirus (COVID-19) or help with the COVIDSafe app. The line operates 24 hours a day, seven days a week.

**J** 1800 020 080

View contact



#### **Translating and Interpreting Service (TIS National)**

TIS National is for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients.

**1**31 450

Translating and Interpreting Service (TIS National)

#### View contact

# Last updated:

20 May 2020

Tags:

Communicable diseases

Emergency health management



<u>Home</u> > <u>News</u> > <u>Health alerts</u> > <u>Coronavirus (COVID-19) health alert</u> > <u>How to protect yourself and others from coronavirus (COVID-19)</u>

# **Quarantine for coronavirus (COVID-19)**

Quarantine is when you are well but may have been in contact with someone with COVID-19. In such cases, you must quarantine for 14 days to prevent the spread of the virus. Read more about what quarantine is, who must go into quarantine, and what to do if you live with someone in quarantine.

# What is quarantine?

Quarantine is when you are well but may have been in contact with someone with COVID-19. If this happens you will be required to isolate from other people to prevent the spread of the virus. The quarantine period is 14 days from when you may have been in contact with the virus.

Quarantine is different to isolation and physical distancing.

# Who must go into quarantine

If a public health authority directs you to, you must go into a mandatory 14-day period of quarantine. During this time they will monitor you.

You will need to go into quarantine if you:

- have returned home from overseas
- have been in contact with someone who has confirmed or is likely to have COVID-19
- are entering certain remote areas in Queensland, South Australia, Western Australia and Northern Territory (unless exempt)
- are entering a state that has a required quarantine period

If you remain well after 14 days you will be able to leave quarantine. If you develop symptoms during this time you will need a test for COVID-19. Even if you test negative you must stay in quarantine for the full 14 days.

If you test positive you will need to go into <u>isolation</u>. Anyone who has been in your household is a close contact and must then go into quarantine.

#### What is a close contact?

A close contact is:

- face-to-face contact in any setting with a confirmed or probable case, for 15 minutes or more. This is cumulative over the course of one week. It starts from 48 hours before the onset of symptoms in the confirmed or probable case.
- sharing of a closed space with a confirmed or probable case for a prolonged period (e.g. more than 2 hours). This is in the period extending from 48 hours before onset of symptoms in the confirmed or probable

case.

## Steps you need to take while in quarantine

When you must quarantine you must go straight to your home, hotel room or other accommodation. You cannot stop anywhere, not even to buy food, medicine or groceries. Where possible, use personal transport such as your car.

You must in quarantine for the entire 14 days to stop the spread of the virus. This is because you may be in the incubation period (the time between getting the virus showing symptoms). If you leave quarantine before the end of 14 days you may face criminal charges or a fine.

Quarantine means you:

- must not leave your home/hotel except
  - in an emergency
  - o to obtain essential medical care
- must not go into public places including work and shops
- must not let anyone into your home/hotel room unless they
  - usually lives with you
  - are entering to provide medical care
  - are entering for an emergency

If you live in a house, you may go into your garden or courtyard. You can go onto your balcony if you live in an apartment or are staying in a hotel.

If you are in a hotel you must avoid contact with other guests and staff.

### **Monitor symptoms**

If you develop cold or flu like symptoms in quarantine you should phone your doctor or the <u>healthdirect hotline</u>. They can tell you how to get a test for COVID-19.

If you are having serious symptoms you should call 000 straight away. This includes shortness of breath, difficulty breathing or chest pressure or pain. Tell the ambulance staff you are in quarantine and may have coronavirus.

If you live alone, a friend or family member can ring you to check that you are OK.

If you develop symptoms and test positive for coronavirus you will enter isolation. The people living with you now become close contacts and must go into quarantine.

# Living with other people while in quarantine

If you are well, others you live with don't need to quarantine unless they also meet the criteria. You should limit your contact with them as much as possible by:

- staying in your own room
- using a separate bathroom, if you can
- staying at least 1.5 metres away from others

- avoiding common areas and wearing a mask when moving through these areas
- wearing a mask when in the same room as others
- not sharing a room with people, especially people at risk of severe disease (this includes elderly people and people with heart, lung, or kidney conditions and diabetes)
- practising good hand hygiene and covering coughs and sneezes
- avoiding sharing household items
- frequently cleaning the house, especially things people touch often, like door handles

# How to get food and medication

You can get food and medication while in quarantine by doing one of the following:

- Ask friends or family members you don't live with to get food and medication to leave at your door. If you need a prescription filled <u>arrange this with your usual pharmacist or GP</u>. You can then let your friend or family member know where to go to collect the medication.
- Arrange a food delivery service. Have all food left outside your house. Do not let any delivery person into your home.
- If you need a prescription filled you can arrange for your doctor to send your prescription to your pharmacy. They can then deliver it to your house. Read more about <u>getting medicines</u> and <u>accessing health services</u>.

# **Returning to your community**

If you have completed your 14 day quarantine period without developing symptoms you will be able to leave quarantine. You should follow the same advice that applies to the rest of the community in your state or territory.

You must continue to practise <u>physical distancing</u>, and <u>good hygiene</u>.

If you become unwell and have any cold or flu like symptoms return home and contact your doctor.

# **Support services**

There are a range of support services available to help you. You can do the following:

- Visit <u>Head to Health</u> for links to trusted Australian mental health online and phone supports, resources and treatment options. This useful website also has online programs and forums, as well as a range of digital information resources.
- Contact your <u>local state and territory health departments</u>.



#### **National Coronavirus Helpline**

Call this line if you are seeking information on coronavirus (COVID-19) or help with the COVIDSafe app. The line operates 24 hours a day, seven days a week.

**J** 1800 020 080

View contact



## **Translating and Interpreting Service (TIS National)**

TIS National is for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients.

**J** 131 450

Translating and Interpreting Service (TIS National)

View contact

### Last updated:

26 June 2020

#### Tags:

Communicable diseases

**Emergency health management** 



Home > News > Health alerts > Coronavirus (COVID-19) health alert

# Advice for people at risk of coronavirus (COVID-19)

Some people are at greater risk of more serious illness with COVID-19. As we move towards living in a COVIDSafe Australia, people still need to take extra steps to protect those most at risk. Read our advice on who is at greater risk and how to protect them.

# Aboriginal and Torres Strait Islander peoples and people in remote communities

Aboriginal and Torres Strait Islander peoples and people living in remote communities are at greater risk from COVID-19.

# Older people

Older people need to take extra care to protect themselves from coronavirus. They may also need help with food and meals while staying at home.

# People in aged care facilities

People living in residential aged care facilities are at greater risk of more serious illness. Special protections are in place to minimise their risk.

# **People with chronic conditions**

People with chronic conditions or compromised immune systems are at greater risk of more serious illness if they are infected with coronavirus.

# People with disability

It is important we all take care to protect people with a disability from coronavirus.

#### Last updated:

13 May 2020

Tags:

Communicable diseases

Emergency health management



Home > News > Health alerts > Coronavirus (COVID-19) health alert > Advice for people at risk of coronavirus (COVID-19)

# Coronavirus (COVID-19) advice for Aboriginal and Torres Strait Islander peoples and remote communities

Aboriginal and Torres Strait Islander peoples and people living in remote communities are at greater risk from COVID-19. As the rules for seeing people and moving through the community are eased, you still need to take extra steps to protect your mob.

Subscribe to our newsletter for up to date information on coronavirus

# People most at risk

Aboriginal and Torres Strait Islander people are at greater risk of coronavirus if they:

- are aged 50 years and over with chronic medical conditions
- have a weakened immune system
- are aged 70 years and over

# Why remote communities are at risk

Aboriginal and Torres Strait Islander peoples and people living in remote communities are at greater risk from COVID-19. This is because:

- there are higher rates of other health issues in these communities
- it can be harder to access health care
- people in the community are very mobile and travel often
- people often rely more on outreach services in remote places

People who live in remote communities are a priority of the Australian Government and the COVID-19 National Emergency Response Plan. We all need to work together to keep people safe and stop the spread of the virus.

# Protect your mob and stop the spread

You can help stop the spread by:

- keeping your hands clean wash your hands with soap and water (where possible) for at least 20 seconds. Do this after you cough or sneeze, go to the toilet, and before you make any food
- · coughing or sneezing into the inside of your elbow, not your hands
- putting your tissues in the bin after you use them and washing your hands after
- not touching your face

- cleaning surfaces often, such as door handles, kitchen and bathroom benchtops
- not hugging or shaking hands with people
- keeping away from people and family in the community if you are sick with a fever, cough or sore throat or are having trouble breathing — and seeking medical help

### Other ways you can protect your community and Elders include:

- not travelling to places in your community, or other communities, unless you have to
- staying at home and away from other people as much as you can. If you are around people, try to stay 2 big steps away from them.
- keep taking any medicines you use this way you'll stay as healthy as possible
- not sharing cups or water bottles
- not smoking or sharing smokes with other people
- getting a flu shot to protect yourself and your family from the flu too
- downloading the COVIDSafe app

Read more about how to protect yourself and others.

Read our advice on staying healthy during COVID-19 restrictions.

### Download the COVIDSafe app

The COVIDSafe app makes it quicker to let people know if they have been exposed to coronavirus. When enough people download this app, governments can ease restrictions and things can get back to normal sooner.

The app won't know your location. Your privacy is protected by the COVIDSafe privacy policy.

Once the coronavirus outbreak is over you can delete the app from your phone. Any information the app collected will be destroyed.

You don't have to download the app, but downloading it will help protect your family and your community. The more people who download the app, the quicker we can fight the virus.



#### **COVIDSafe app**

The COVIDSafe app speeds up contacting people exposed to coronavirus (COVID-19). This helps us support and protect you, your friends and family. Please read the content on this page before downloading.

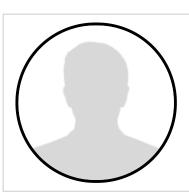
# Where you can get help

Call your local Health Service, or ask someone you trust in the community to call, if you feel unwell.

#### Map of Aboriginal and Torres Strait Islander health and medical services

Use this interactive map to find an Aboriginal or Torres Strait Islander Health Service near you.





### **National Coronavirus Helpline**

Call this line if you are seeking information on coronavirus (COVID-19) or help with the COVIDSafe app. The line operates 24 hours a day, seven days a week.

**J** 1800 020 080

View contact



#### **National Aboriginal Community Controlled Health Organisation**

The National Aboriginal Community Controlled Health Organisation (NACCHO) is the national authority on Aboriginal and Torres Strait Islander primary health care. See their website for Aboriginal and Torres Strait Islander-focused news, information, links and contacts.

https://www.naccho.org.au/

View contact



#### **National Indigenous Australians Agency**

The National Indigenous Australians Agency (NIAA) is committed to improving the lives of all Aboriginal and Torres Strait Islander peoples. Visit their website for Aboriginal and Torres Strait Islander-focused news, information, links and contacts.

https://www.niaa.gov.au/

View contact

# **Keeping in touch with your community**

Staying connected with family, friends and your community is important. Some ways you can do this are:

- calling people for a yarn on the phone
- talking about the community and checking if they are OK
- talking about the virus and how to stop the spread
- connecting to family and friends on social media

• sharing your tips on social media #KeepOurMobSafe

#### Travel restrictions

Travel into remote communities is currently restricted. This is to prevent the spread of coronavirus (COVID-19).

State and territory governments, in consultation with Indigenous communities and in line with the <u>Biosecurity Act</u> <u>2015</u>, have nominated areas where this will apply.

The National Indigenous Australians Agency website has information about <u>travel restrictions into remote</u> <u>communities</u>, including maps of the restricted areas. A <u>framework to help inform decisions around lifting remote</u> <u>area travel restrictions</u> has also been developed.

Read our general advice for travellers.

Learn more about the **Government response** for Aboriginal and Torres Strait Islander communities.

#### **Exemptions for essential workers**

Exemptions apply to allow workers to maintain essential activities, such as:

- food supplies
- medical services
- policing
- critical infrastructure such as power, water and telecommunications

Read our fact sheet to find out more.



# Remote community entry requirements in place under the Biosecurity Act 2015

Access to some parts of Australia (known as designated areas) has been restricted to protect community members from coronavirus. Essential workers can enter without undertaking 14 days of isolation if there is an urgent need or if a risk management plan is in place.

# Resources for Aboriginal and Torres Strait Islander people

We've created specific resources for Aboriginal and Torres Strait Islander people and remote communities. Use these resources to help promote good health and stop the spread of the virus.

#### Coronavirus (COVID-19) - Aboriginal and Torres Strait Islander community kit

This community kit contains radio commercials, videos, posters and a range of other resources to help you share important messages about coronavirus with your community.





# <u>Coronavirus (COVID-19) resources for Aboriginal and Torres Strait Islander people and remote communities</u>

A collection of resources for Aboriginal and Torres Strait Islander people and remote communities, about coronavirus (COVID-19).



# <u>CDNA Interim National Guidance for remote Aboriginal and Torres Strait Islander communities for COVID-19</u>

This document from the Communicable Diseases Network Australia (CDNA) is for Aboriginal and Torres Strait Islander communities. It provides nationally consistent, interim guidance on how to communities can protect themselves against COVID-19 (coronavirus).

### **Artwork acknowledgement**



### Show description of image

We acknowledge artist Luke Penrith for the use of his artwork 'Let's Walk and Talk out Bush', which has been adapted for use in our materials.

Here is a description of the artwork:

Walking and talking to family while doing physical exercise is deadly for the emotional wellbeing of First Nation peoples.

Going out bush walking with mob can benefit communities socially, culturally and does wonders for your mental health.

The two coolamons show abundance of bushtucker picked while out bush.

The two boomerangs represents our Past and our Future.

The six U symbols at the bottom represents male and female leadership in our past, in our present, and our emerging health leaders

Women's business and Men's business is vital to our health - engaging in these ground in communities have health and cultural benefits.

Being active shows our children that it's good to be outdoors learning culture and showing Yindyamarra (Respect) to Elders and ancestors while out bush

Luke Penrith

Proud Aboriginal man from

Brungle, my great grandmothers Country

Connected culturally to the Wiradjuri, Wotjoboluk, Yuin and Gumbaynggirr Aboriginal Nations

### **Learn more and connect**

Download the official government apps to stay up to date.



#### **COVIDSafe app**

The COVIDSafe app speeds up contacting people exposed to coronavirus (COVID-19). This helps us support and protect you, your friends and family. Please read the content on this page before downloading.



### **Coronavirus Australia app**

Stay up to date with official information and advice about the coronavirus (COVID-19) situation. You can check your symptoms and get notified when urgent information and updates are published.



### **Australian Government WhatsApp channel for COVID-19**

Join our COVID-19 WhatsApp channel to learn the latest on Australia's response to coronavirus (COVID-19). If you're already a WhatsApp user you can send a message to the channel to connect. If you don't have WhatsApp, download the app to join the channel.

#### Last updated:

2 June 2020

#### Tags:

Aboriginal and Torres Strait Islander health

Communicable diseases

Emergency health management



Home > News > Health alerts > Coronavirus (COVID-19) health alert > Advice for people at risk of coronavirus (COVID-19)

# Coronavirus (COVID-19) advice for older people

People aged 70 years and over, people aged 65 years and over with chronic medical conditions, people with compromised immune systems, and Aboriginal and Torres Strait Islander people over the age of 50, are at greater risk of more serious illness if they are infected with coronavirus.

# People most at risk

Your risk of serious illness from coronavirus increases if you are:

- aged 70 years or over
- aged 65 years or over and have a chronic medical condition
- an Aboriginal and Torres Strait Islander person aged 50 years and over who has a chronic medical condition
- immune suppressed

There is currently no cure or vaccine for coronavirus, or immunity in the community, so you need to protect yourself.

# **Protecting yourself**

As we move towards a <u>COVIDSafe Australia</u>, it is important for people at greater risk of serious illness if they get COVID-19 to take extra steps to protect themselves.

You should maintain good hygiene and take care when interacting with other people. These are the best defences for you and your family against coronavirus. This includes:

- covering your coughs and sneezes with your elbow or a tissue
- disposing of used tissues immediately into a rubbish bin and washing your hands
- washing your hands often with soap and water, including before and after eating and after going to the toilet, and when you have been out to shops or other places
- using alcohol-based hand sanitisers (60% alcohol), where available
- cleaning and disinfecting surfaces you have touched
- staying 1.5 metres away 2 arms' length from other people. This is an example of physical distancing
- continuing to stay at home and avoid contact with others
- continuing to avoid non-essential travel
- considering having the chemist deliver your medicines
- considering having your groceries and essential items delivered to your home

 downloading the <u>COVIDSafe app</u> to your smartphone for the times you do need to go out — the <u>Older</u> Persons COVID-19 Support Line can help you with this

Read our fact sheet about the support available to you if you are isolated and finding it difficult to access food and basic household items.

# Symptoms

Symptoms include (but are not limited to) fever, a dry cough, a sore throat and difficulty breathing.

If you develop mild symptoms of COVID-19:

- isolate yourself from others at home and use a separate bathroom, if available
- use a surgical mask when around other people. If you don't have a mask, practise good sneeze/cough hygiene
- practise good hand hygiene
- call a doctor and tell them about your symptoms and whether you have had contact with someone diagnosed with COVID-19

If you have serious symptoms such as difficulty breathing:

 call 000, ask for an ambulance and notify the officers if you have been in contact with anyone with COVID-19

# Medical appointments and medicines

You can access bulk-billed appointments with your doctor, nurse or mental health professional via phone or videoconference. If you would like to arrange a telehealth appointment, contact your doctor.

# Accessing medicines while staying at home

Your doctor may be able to arrange to have your prescriptions sent to your pharmacy directly so you can stay at home. For more information on whether you can access this service please call your pharmacy and speak to them about the best way to arrange this.

#### Assistance with food and meals

Many Commonwealth funded providers, such as Meals on Wheels, can assist you with access to regular food supplies and prepared meals.

If you are in urgent need of support, you can call My Aged Care on 1800 200 422 and they can refer you directly to these services in your local area.

If you are not registered with My Aged Care and you are 65 years or over, you can call My Aged Care on 1800 200 422. My Aged Care will ask you some questions to help you register. Services can be set up quickly for up to 6 weeks without the need for an assessment.

If you are already receiving aged care services, you can also arrange this directly with your provider.

### Prioritised online grocery ordering

We have worked with a number of grocery suppliers, including Coles and Woolworths, on priority access to their online and telephone shopping service for older and vulnerable people.

If you are registered with My Aged Care, you can provide your My Aged Care ID number to access priority delivery.

If you are not registered with My Aged Care and you are 65 years or over, you can call My Aged Care on 1800 200 422. My Aged Care will ask you some questions to help you register.

# Wellbeing support

### The Older Persons COVID-19 Support Line

Senior Australians, their families and carers can call the Older Persons COVID-19 Support Line if they:

- would like to talk with someone about the COVID-19 restrictions and the impact on them
- are feeling lonely or are worried about a loved one
- are caring for someone and need some information or a listening ear
- need help or advice about changing the aged care services they are currently receiving
- need help to access new care services or essential supplies such as shopping
- are concerned about a friend or family member living with dementia



### **Older Persons COVID-19 Support Line**

The Older Persons COVID-19 Support Line provides information and support to senior Australians, their families and carers. Call Monday to Friday, except public holidays, from 8.30am to 6pm.

**J** 1800 171 866

View contact

### **Community Visitors Scheme**

The Community Visitors Scheme arranges volunteer visits to older people to provide ongoing friendship and companionship. Visits are available to anyone receiving government-subsidised residential aged care or Home Care Packages.

During the coronavirus pandemic, we are focusing on phone and virtual friendships while physical distancing measures and visiting restrictions are in place.

Read about the program and how to register.

### More information



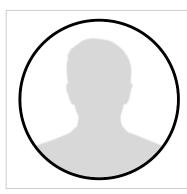
#### My Aged Care

Visit the My Aged Care website to find information about and access to Australian Government-funded aged care services. If you have questions, you can call from Monday to Friday 8am to 8pm and Saturday 10am to 2pm.

**J** 1800 200 422

My Aged Care

#### View contact



### **National Coronavirus Helpline**

Call this line if you are seeking information on coronavirus (COVID-19) or help with the COVIDSafe app. The line operates 24 hours a day, seven days a week.

**J** 1800 020 080

View contact



#### **Translating and Interpreting Service (TIS National)**

TIS National is for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients.

**1**31 450

Translating and Interpreting Service (TIS National)

View contact

Contact your local state and territory health departments for information about your local health system arrangements.

If you have concerns about your health, speak to your doctor.

#### Last updated:

14 May 2020

#### Tags:

Communicable diseases

**Emergency health management** 



Home > News > Health alerts > Coronavirus (COVID-19) health alert > Advice for people at risk of coronavirus (COVID-19)

# Coronavirus (COVID-19) advice for people in aged care facilities

Everybody is at risk of contracting COVID-19 so you need to protect yourself and others. Managers, staff, family, friends and residents need to work together to protect older people in aged care facilities.

#### Residents

We continue to move towards a <u>COVIDSafe Australia</u> and ease restrictions around the country. During this time, some restrictions will remain in place for aged care facilities to protect older Australians.

Residential aged care facilities will continue to restrict visits. This will be in line with the Australian Health Protection Principal Committee advice for residential aged care facilities.

Facilities will continue to postpone large group visits and external excursions.

Facilities can have gatherings of residents in communal or outdoor areas. They must adhere to physical distancing and current jurisdictional requirements for gathering sizes.

Residents can leave the facility to attend small family gatherings. This could include close friends, partners, couples or siblings/familial groups who live in a facility. Facilities should assess the risks in each case, and record details of event.

Aged care facilities will help residents stay connected with family and friends by phone and video calls.

If you develop symptoms of COVID-19, you will be kept separate from other people. You will not be able to see visitors.

Health care and residential care workers will continue to provide support and care for you while you isolate.

If you need to leave your room, such as for medical care, staff will give you a surgical mask. Health care workers will provide masks to you and help you to put them on.

Residents who are well do not need to wear a mask.

#### Residents admitted from other health facilities

Active screening for symptoms of COVID-19 in residents being admitted or re-admitted from other health facilities and community settings should be conducted. No new residents with COVID-19 compatible symptoms are permitted to enter the facility.

Appropriate infection prevention practices should be implemented for residents returning from treatment or care at other facilities.

### **Emergency leave**

A new emergency leave type is now available for permanent aged care residents. You can take this leave during an emergency situation. The Australian Government has decided that the COVID-19 pandemic is an emergency situation. Read more about the emergency leave type.

#### **Visitors**

Some people cannot visit a residential aged care facility. These are people who:

- have returned from overseas in the past 14 days
- have been in contact with someone confirmed to have COVID-19 in the past 14 days
- are unwell, including with a fever or symptoms of acute respiratory illness (such as cough, sore throat, runny nose, shortness of breath)
- have not had a flu vaccination in 2020

Read more information about visiting residential aged care facilities.

Anyone who visits an aged care facility must have an influenza vaccination. This includes children.

Spouses, other close relatives and social supports can visit residents. There is no limit to the number of hours they spend with their spouse/relative.

Children of all ages can now visit. All visitors, including children, must follow any restrictions. This includes visitor numbers, physical distancing and personal hygiene.

Visiting service providers such as hairdressers, diversional therapists and allied health professionals can visit when:

- they cannot provide their services via telehealth or other models of care
- the resident cannot attend an external facility to receive these services

#### Visitors must:

- supervise any children with them
- practise good hand hygiene
- cough into their elbow or tissue and dispose of tissues straight away
- comply with directions given by facility staff

To reduce the risk of transmission to residents, residential aged care facilities should:

- limit visits to a maximum of 2 visitors at any one time per resident
- visit the resident in their room, outdoors, or a specified area in the facility
- not have visits in communal areas with other residents
- teach visitors about physical distancing and hygiene, and place signs to remind them
- screen visitors on their current health status before they enter
- make sure visitors have had a 2020 flu vaccination

Sometimes you can't visit a resident in aged care as often as you would like. There are other ways to keep in touch and stay connected. You can keep in touch by:

- phone calls
- video calls
- social communication apps
- sending a postcard
- sharing photos, artwork or short home videos

This will limit your exposure to COVID-19. It will also reduce the chance of accidental spread of the virus to older people in your life.

It is important to reassure people who may feel anxious about possible changes to their day to day life. If you often visit someone living with a cognitive impairment, consider other ways to maintain social contact. You can also contact the National Dementia Helpline on 1800 100 500.

#### All visitors need to:

- provide details on their current health status to staff of the residential aged care facility
- be willing to undergo a screening process before they can enter
- wash their hands before entering and leaving a resident's room
- stay 1.5 metres away from residents where possible
- stay away when unwell

If the facility's local community has active cases of COVID-19, the facility may increase restrictions. For example, they may restrict visiting service providers.

This is most likely if there are cases in suburbs or towns surrounding the facility that were not acquired overseas.

# Managers and staff

#### See our:

- advice on providing aged care services during COVID-19
- resources for aged care services

The Australian Government has announced that residential aged care facilities should take extra precautions to keep residents safe from COVID-19. Both individuals and management need to take responsibility for the health of visitors and staff at facilities to protect our most vulnerable community members.

#### Aged care facilities will:

- closely monitor the health of staff, including fever screening, where appropriate
- screen new and returning residents before entry
- put up signs and explain the steps they are taking to protect residents' health

Staff should be made aware of early signs and symptoms of COVID-19. Any staff with fever or symptoms of acute respiratory infection (for example, cough, sore throat, runny nose, shortness of breath) should be excluded from the workplace and tested for COVID-19. Staff must report their symptoms to the residential aged care facility.

Sick leave policies must enable employees to stay home, if they have any — even very mild —symptoms of respiratory infection.

To make more workers available, the Government is relaxing international student visa work conditions for aged care facilities and home care providers.

This will allow international student nurses and other aged care workers to work more than 40 hours a fortnight. There are currently around 20,000 international student nurses studying in Australia.

#### **Emergency leave**

A new emergency leave type is now available for permanent aged care residents. Residents can take this leave during an emergency situation. They do not need to use their social leave entitlements or pay further fees to secure their place. The Australian Government has decided that the COVID-19 pandemic is an emergency situation.

Read more about the emergency leave type.

# Preventing the spread of coronavirus

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. You should:

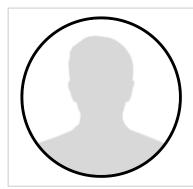
- wash your hands frequently with soap and water, including before and after eating, and after going to the toilet
- cough or sneeze into your elbow, dispose of tissues straight away, and wash your hands
- avoid contact with others by 'physical distancing' stay more than 1.5 metres away from people whenever possible

### More information

One way to slow the spread of viruses is physical distancing (also called social distancing). The more space between you and others, the harder it is for the virus to spread. Find out more about how you can practice <u>physical</u> <u>distancing</u>.

While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness — not COVID-19.

If you have questions, you can call the National Coronavirus Helpline.



#### **National Coronavirus Helpline**

Call this line if you are seeking information on coronavirus (COVID-19) or help with the COVIDSafe app. The line operates 24 hours a day, seven days a week.

**J** 1800 020 080

View contact

Contact your <u>local state and territory health departments</u> for information about your local health system arrangements.

If you have concerns about your health, speak to a doctor.

#### Last updated:

25 June 2020

## Tags:

Communicable diseases Emergency health management Aged care



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# Coronavirus (COVID-19) advice for people with chronic health conditions

People with chronic conditions or compromised immune systems are at greater risk of more serious illness if they are infected with coronavirus (COVID-19). We must all take to care to protect those most vulnerable.

Anyone could develop serious or severe illness from COVID-19, but those with chronic health conditions or weakened immune systems are at greater risk.

If you are working and you have a chronic condition or your immune system is compromised, talk to your employer or workplace about having a risk assessment.

#### Conditions that increase the risk of serious illness from COVID-19

Anyone could develop serious or severe illness from COVID-19, but those with chronic health conditions or weakened immune systems are at greater risk.

If you are working and you have a chronic condition or your immune system is compromised, talk to your employer or workplace about having a risk assessment.

# Chronic conditions that put you at greater risk

These conditions increase your risk if you are aged over 65, or if you are an Aboriginal or Torres Strait Islander person aged over 50:

- · chronic renal failure
- coronary heart disease
- congestive cardiac failure
- chronic lung disease such as severe asthma, cystic fibrosis, bronchiectasis, suppurative lung disease, chronic obstructive pulmonary disease or chronic emphysema
- poorly controlled diabetes
- poorly controlled hypertension

### Immune system conditions that put you at greater risk

You are at increased risk at any age if your immune system is significantly weakened:

- due to haematologic neoplasms such as leukaemias, lymphomas and myelodysplastic syndromes
- post-transplant, if you have had a solid organ transplant and are on immunosuppressive therapy
- post-transplant, if you have had a haematopoietic stem cell transplant in the last 24 months or are on treatment for graft versus host disease (GVHD)
- by primary or acquired immunodeficiency including HIV infection

by having chemotherapy or radiotherapy

### Medical treatments that put you at greater risk

You are also at increased risk if you take any biological disease-modifying anti-rheumatic drug (bDMARD) or any of the following immunosuppressive drugs:

- azathioprine, more than 3mg per kg per day
- 6-mercaptopurine, more than 1.5mg per kg per day
- methotrexate, more than 0.4mg per kg per week
- high-dose corticosteroids (20mg or more of prednisone per day or equivalent) for 14 days or more
- tacrolimus
- cyclosporine
- cyclophosphamide
- mycophenolate
- any combination of these or other DMARDs

Disease-modifying anti-rheumatic drugs (DMARDs) are used to treat inflammatory forms of arthritis. They suppress the immune system and this slows the development of the arthritis.

Some DMARDS have a broad effect on the immune system while the biological DMARDS target specific parts of the immune system.

# **Protecting yourself**

It's vital to do everything you can to protect yourself and others from coronavirus:

- maintaining good hygiene
- physical distancing
- avoiding <u>public gatherings</u>
- <u>isolation</u>

Make sure you continue to go to any usual or scheduled appointments with your doctor. See how to access health services and medications during COVID-19 restrictions.

If you are at greater risk due to a chronic condition or weakened immune system, you should also:

- stay at home, including working from home if possible
- avoid non-essential travel
- avoid contact with others
- speak to your chemist about having medication delivered to you
- make use of telehealth services for routine or non-urgent medical help
- consider getting groceries and other essentials delivered

# **Services and support**

#### Telehealth services

You can access bulk-billed telehealth services from your doctor, nurse or mental health professional via phone or videoconference. Learn more about telehealth services.

### Ordering prescription medications from home

You can get medicines from home during the COVID-19 restrictions.

You might also be eligible to have prescription medications delivered from your regular pharmacy through the Home Medicines Service.

Learn more about <u>Home Medicines Services</u> or contact your local pharmacist.

### **Urgent referrals to grocery suppliers**

We are working with grocery suppliers to ensure vulnerable people have priority access to online and telephone shopping.

### Stay connected and care for your mental health

Being isolated can be stressful and hard to manage. Learn more about how to manage isolation.

Looking after your mental health is an important part of staying healthy. The Government's Head to Health website is the best place to start if you need some help coping with anxiety and worry about coronavirus.

You can also visit the new Coronavirus Mental Wellbeing Support Service being provided by Beyond Blue.

#### More information

If you have questions, you can call the National Coronavirus Helpline.



### **National Coronavirus Helpline**

Call this line if you are seeking information on coronavirus (COVID-19) or help with the COVIDSafe app. The line operates 24 hours a day, seven days a week.

**J** 1800 020 080

View contact



#### **Translating and Interpreting Service (TIS National)**

TIS National is for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients.

**J** 131 450

Translating and Interpreting Service (TIS National)

View contact

Contact your <u>local state and territory health departments</u> for information about your local health system arrangements.

If you have concerns about your health, speak to your doctor.

### Last updated:

22 May 2020

Tags:

Communicable diseases

Emergency health management



<u>Home</u> > <u>News</u> > <u>Health alerts</u> > <u>Coronavirus (COVID-19) health alert</u> > <u>Advice for people at risk of coronavirus (COVID-19)</u>

# Coronavirus (COVID-19) advice for people with disability

It is important we all take care to protect people with a disability from coronavirus.

# Why people with disability are at risk

Some people with disability have higher rates of health issues including chronic conditions and weakened immune system.

Many people with disability rely on support and assistance from family members, carers and support workers.

# **Protecting yourself**

As we move towards a <u>COVIDSafe Australia</u> and states and territories ease physical distancing measures, it's vital to do everything you can to continue to <u>protect yourself and others</u> from coronavirus:

- good hygiene
- physical distancing
- avoiding <u>public gatherings</u>
- if you are sick, stay home and if you have cold or flu-like symptoms get tested

Make sure you continue to go to any scheduled appointments with your doctor. If you are worried about going to see them in person, contact them to arrange a <u>telehealth consultation</u>.

You can also:

- speak to your pharmacist about having medication delivered to you
- consider getting groceries and other essentials delivered. A <u>priority service</u> is available for NDIS participants

Read the Department of Social Service's accessible, easy read, coronavirus (COVID-19) resources.

# **Services and support**

#### Telehealth services

You can access bulk-billed telehealth services from your doctor, nurse or mental health professional via phone or videoconference. Learn more about telehealth services.

### **Electronic prescriptions**

We are fast tracking electronic prescription for up to 80% of general practices and community pharmacies for those at greater risk of serious illness.

# Ordering prescription medications from home

You might be eligible to have prescription medications delivered from your regular pharmacy through the Home Medicines Service.

Learn more about Home Medicines Services or contact your local pharmacist.

### Stay connected and care for your mental health

Being isolated can be stressful and hard to manage. Learn more about how to manage isolation.

Prioritising your mental wellbeing is an important part of staying healthy. The Government's <u>Head to Health</u> website is the best place to start if you need some help coping with anxiety and worry about coronavirus.

You can also visit the new Coronavirus Mental Wellbeing Support Service provided by BeyondBlue.

# Supporting people with disability

### **People with disability**

#### Person-centred emergency preparedness planning for COVID-19

This resource assists people with disability to plan for how they will manage the impacts of the pandemic. It is important that people with disability have a plan that is tailored to their unique support needs. This resource was co-designed with people with disability and their representatives.



### Coronavirus (COVID-19) hospital companion for people with disability

This tool can assist a person with disability if they need to go to hospital. The COVID-19 companion helps to convey important personal information to health professionals.

#### **Families**



#### Coronavirus (COVID-19) - Information for Families

This fact sheet provides information for families of a person with intellectual or developmental disability during the COVID-19 pandemic.



# Return to School for Students with Disability COVID-19 Risk Management Plan

This plan can help prepare for the return to school. The document is an optional resource for parents and carers. It can aid discussions with a student's school and doctor on strategies to reduce risks in the school environment.

### **Support workers and carers**

#### **Information for Disability Support Providers and Workers**



This fact sheet provides information and guidance for disability support providers and workers who provide health care to people with intellectual or developmental disability during the COVID-19 pandemic.



### **Guide to personal protective equipment (PPE) for disability care providers**

This fact sheet provides information and guidance for disability care providers on the use of PPE.



# <u>Information for support workers and carers on coronavirus (COVID-19)</u> <u>testing for people with disability</u>

Advice on who should be tested, where testing can be done, and how to explain the testing process to a person with disability.

### **Health professionals**



# <u>Information for health workers in emergency departments supporting people with disability</u>

This fact sheet provides information and guidance for health workers in emergency departments (EDs) who provide health care to people with intellectual or developmental disability during the COVID-19 pandemic.

BE COVIDSAFE

# <u>Information for health workers in hospitals supporting people with disability</u>

This fact sheet provides information and guidance for health workers in hospitals who provide health care to people with intellectual or developmental disability during the COVID-19 pandemic.

BE COVIDSAFE

#### Information for health workers supporting people with disability

This fact sheet provides information and guidance for health workers providing care to people with intellectual or developmental disability during the COVID-19 pandemic.

BE COVIDSAFE

# <u>Information for health and mental health workers supporting people with disability</u>

This fact sheet provides information and guidance for health and mental health workers providing care to people with intellectual or developmental disability during the COVID-19 pandemic.



## Information for primary health care services supporting people with disability

This fact sheet provides information and guidance for primary health care staff and services, including general

practitioners (GPs), providing care to people with intellectual or developmental disability during the COVID-19 pandemic.

### Home care providers



#### **Coronavirus (COVID-19) Guide for Home Care Providers**

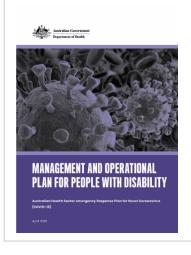
This guide is for providers of aged care and disability services who offer home care and support services to older people living at home and people with disability living in the community. It provides information and guidance on how to stay safe from coronavirus (COVID-19).

## **Government response**

### Management and operational plan

We've developed a plan for people of all ages with disability, their families, carers, support workers and the disability and health care sectors.

It provides high-level guidance on how to manage and prevent the transmission of COVID-19 for people with disability and will be updated as needed.



#### Management and Operational Plan for People with Disability

The Australian Health Sector Emergency Response Plan for Novel Coronavirus guides the Australian health sector response. This management and operational plan focuses on people with disability. There is an easy read version on this page, too.

The plan was overseen by the <u>Advisory Committee for the COVID-19 Response for People with Disability.</u>

#### Videos





#### **Disability Information Helpline**

Call for information and referrals for people with disability who need help because of coronavirus (COVID-19). You can call Monday to Friday 8am to 8pm (AEST) and weekends 9am to 7pm (AEST), except on national public holidays. Family members, carers, support workers and services can also call.

- **J** 1800 643 787
- http://www.dss.gov.au/disabilityhelp

View contact



#### **National Relay Service**

If you are deaf or have a hearing or speech impairment, you can use the National Relay Service to access any of the department's contact phone numbers. The service is available 24 hours a day from anywhere in Australia

- **J** 1300 555 727
- National Relay Service

View contact



#### **Translating and Interpreting Service (TIS National)**

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- **J** 131 450
- Translating and Interpreting Service (TIS National)

View contact

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COVID-19 Emergency Response Plan for People with Disab...



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## **More information**

<u>Information and support about coronavirus (COVID-19)</u> is also available from the National Disability Insurance Scheme (NDIS) website.

Contact your <u>local state and territory health departments</u> for information about your local health system arrangements.

If you have concerns about your health, speak to your doctor.

#### **National Coronavirus Helpline**

Call this line if you are seeking information on coronavirus (COVID-19) or help with the COVIDSafe app. The line operates 24 hours a day, seven days a week.

**J** 1800 020 080

View contact