COVID-19 – Coronavirus

IMPORTANT SAFETY MESSAGE FOR OUR MOB

COVID-19 (or you might have heard it just being called coronavirus) is currently spreading throughout communities across the world. This includes Australia, so we want to make sure our mob understands what this is all about.

COVID-19 is a virus that can spread when someone who has it comes into physical contact with other people (like if you give them a hug or they cough near you) or when other people touch something an infected person has already touched (like door handles or other surfaces).

It can affect us whether we live in the city or the bush. Our mob, especially our Elders, and even loved ones with chronic health conditions are most at risk. It's important to empower ourselves with the knowledge we need to protect Aboriginal and Torres Strait Islander people, families, and communities from COVID-19.

What is Australian Unity doing?

Australian Unity's Aboriginal Home Care team is taking our role in protecting the health and wellbeing of our customers, communities and employees very seriously.

We are closely monitoring the COVID-19 outbreak and acting on government advice.

We have good systems in place to work through any problems, and we've already taken extra precautions, including:

> Further training for all care workers on how to prevent and control infections, including how and when to use certain equipment and, most importantly, washing our hands regularly.

> Making sure our employees don't come to work if:

- They have flu-like symptoms or are feeling generally unwell
- They've been in close physical contact with someone who now has COVID-19, or
- They're being tested for COVID-19.

> Asking every customer some simple health questions before each service to make sure we can go ahead safely.

Symptoms of COVID-19 (coronavirus)

The main symptoms are a high temperature (fever), coughing (and sometimes a sore throat), tiredness (fatigue) or having trouble breathing (shortness of breath).

Fever

Cough and or sore throat

Fatigue

Shortness of breath

If any of our team are coming out to see you, please let us know before they get there if you're experiencing any of these symptoms. You can call your local branch or Service Coordinator any time to discuss this.

We can help you

Please contact your Service Coordinator or local branch to discuss your needs. We are introducing a range of new flexible services to care for you.

How can you stay safe?

The Australian Government has asked all Indigenous Australians over the age of 50 who have existing health conditions to 'self-isolate' at home. Even if you don't have any health issues, all over 70's should also stay at home. This means you should really only leave your home if you need to get groceries or medical help.

Some other tips to help protect you are:

Wash hands with soap and water for at least 20 seconds as often as you can, including after coughing or sneezing, before and after eating, and after coming home if you've been out.
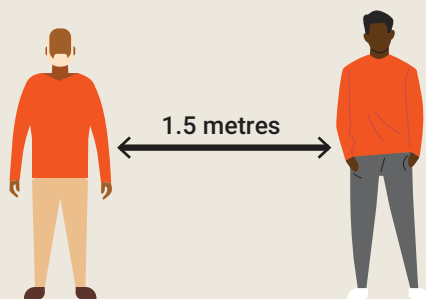
1.5 metres

Keeping at least 1.5 metres away from people who you don't live with. Even if you know them and they seem healthy, they might be 'asymptomatic', which means they might have COVID-19 and not even know it—that means they could accidentally pass it on to you and make you sick.

Australian Unity
Real Wellbeing

As things change, we'll keep in touch to let you know what that might mean for you and your loved ones.

Information and support

For the latest information, visit the Australian Government Department of Health website https://www.health.gov.au

Updates are also available from the Australian Government's Coronavirus Australia app which is for Apple and Android devices. You can download the app from the Apple App Store and Google Play:

https://apps.apple.com/au/app/coronavirus-australia/id1503846231

https://play.google.com/store/apps/details?id=au.gov.health.covid19

You can also access additional information and support from services in your local area, like your Aboriginal Medical Service.

If you have questions

Please call your local branch and we'll do our best to help you.