

CORONAVIRUS – COVID-19 UPDATE 18/03/2020

- The Victorian Government declared a State of Emergency in Victoria on Monday March 16
- All Australians have been told not to go overseas
- The Australian government has banned all non-essential indoor gathering of more than 100 people. This does not apply to public transport, courts, prisons, offices, factories and construction sites
- Coles and Woolworths are now open from 7am-8am exclusively for pensioners and those with a disability

In the interests of your health and safety Ability Plus recommends the following:

- Limit people visiting your home unless necessary.
- Practice adequate hand hygiene, upon entering your house, before and after food preparation, using the bathroom and blowing your nose. Practising good hand and sneeze/cough hygiene is the best defence against most viruses.
- If possible, have hand sanitiser available for yourself and all visitors.
- Try to stay home. Consider if leaving the house is necessary.
- If you do need to go out, practise safe social distancing, that is staying 1.5 metres away from others.

If there is any way we can assist you with shopping or running errands, rather than you leaving the house, please contact your care coordinator on 9555 1150.

Support Worker Training

Ability Plus Disability Services will be asking all Support Workers to complete The Department of Health's online infection control training. This training module covers the fundamentals of infection prevention and control (IPC) for COVID-19.

Coronavirus and your Mental Health

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can cause strong emotions in adults and children. Coping with stress will make you, the people you care about and your community stronger.

Beyond Blue has put together this great information for looking after your mental health during the Coronavirus Outbreak: <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

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More Information

Daily updates are published through the following Government websites and can be accessed at any time:

Australian Government Department of Health

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Victorian Government Department of Health

<https://www2.health.vic.gov.au/about/news-and-events/healthalerts/2019-Coronavirus-disease--COVID-19>

Further guidance materials can be found here:

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

Or call the National COVID-19 Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

We will continue to monitor the situation and provide further updates and resources on our website www.abilityp.com.au. Should you have any questions, please do not hesitate to contact Ability Plus on (03) 9555 1150.

A public information hotline is also provided by Nurse-on-Call – 1800 675 398.

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

If you have any questions, please contact your coordinator on 9555 1150.

Kind Regards,

Rea Baeni and Angelo Marchio

Directors

Ability Plus Disability Services