



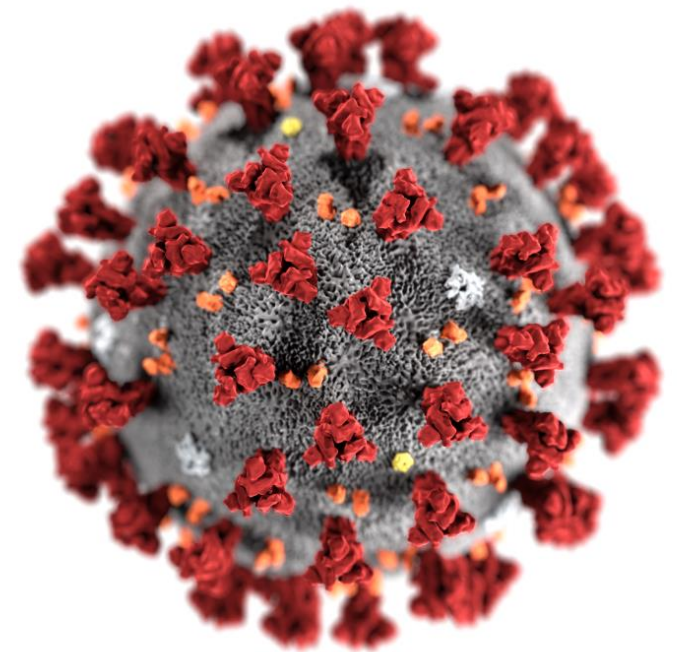
Health
Murrumbidgee
Local Health District

NOVEL CORONAVIRUS (COVID-19)

Update for Murrumbidgee LHACs and Council

Jill Ludford, Chief Executive
Murrumbidgee Local Health District

April, 2020



What Are the Symptoms of COVID-19?

- Mild to severe respiratory illness with symptoms of:
 - Fever
 - Cough
 - Runny nose
 - Shortness of breath
- Some patients have complications of pneumonia
- Spread from someone infected with COVID-19 to other people in close contact
 - through contaminated droplets spread by coughing or sneezing
 - by contact with contaminated hands, surfaces or objects.
- Incubation period (i.e. time of exposure to symptom onset) is 2-14 days



Is There a Vaccine or Treatment?

- There is currently no vaccine to protect against COVID-19.
- There is no specific antiviral treatment.
 - Treatment is mainly supportive to relieve any symptoms.



Good health and hygiene stop the spread of COVID-19

Cover a cough with the inside of your elbow instead of your hand.



Wash your hands with soap and water for at least 20 seconds after you cough, sneeze, go to the toilet, and before making food or eating.



Put tissues in the bin and wash your hands straight away.



Keep a distance from other people, especially if they are sick.



KEEP OUR COMMUNITIES HEALTHY

Stay away from public places where there are groups of people, except to get important things like food or medicines.



Stay at home to help stop illness spreading between communities.



If you need to self-isolate in a house with other people limit your time with others. Keep to your own room and don't share meals or household items.



Unless you are caring for someone who is unwell in your home, **keep a distance from people.**



Testing for COVID-19 in MLHD

Testing recommended when- fever ($\geq 38^{\circ}\text{C}$) or history of fever (eg, night sweats, chills) or acute respiratory infection (e.g. cough, shortness of breath, sore throat) who meets one or more of the following criteria:

- a close contact in 14 days prior to illness onset with confirmed case
- international travel in the 14 days prior to illness onset
- a cruise ship passenger travelled in the 14 days prior to illness onset
- a healthcare worker
- an aged care or other residential care worker
- in a geographically localised area with risk of community transmission

Where to get TESTED

- Call the [Murrumbidgee COVID-19 Hotline on 1800 831 099](#) for assessment
- Testing Clinics at Wagga & Griffith
- Cootamundra, Deniliquin, Leeton and Tumut
- Pop up in Hay

Have your Flu Vaccine Early



Have your Flu vaccine as soon as possible

The flu vaccine won't protect people from COVID-19 virus, but it will help reduce the chance of contracting winter flu which may weaken a person's immune system

Who is eligible ?

Children aged six months to five years, people aged 65 and over, pregnant women, Aboriginal people and those with high-risk medical conditions are eligible

Reduce the impact on hospital emergency departments

Reduce the risk of dual infection and risk of severe illness

How you can help

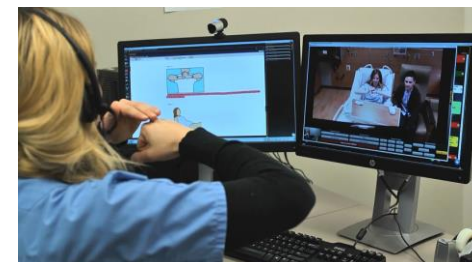
1. Educate your community to expect the virus
2. Encourage people to be tested
The more people tested the better- close contacts can be isolated- reducing the spread
Some COVID- 19 patients & their families are being targeted on social media
3. Ensure people's privacy is respected
4. Show compassion, these people are sick



What we are doing to care for COVID patients

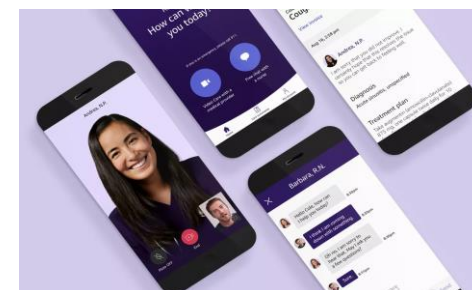
Mild symptoms

Support to stay at home with community care nurses support



Moderate symptoms

Specialist virtual care hospital or
District hospitals caring for their local people



Severe symptoms

Base Hospitals Wagga and Griffith
Intensive Care or Critical Care



Visiting District Hospitals and MPs

Aims to protect vulnerable patients and residents

Visitors will not be permitted into the facility unless approved by the Facility Manager or designated nominee

All visitors will be screened

Entry will be restricted for people who have:

- Had contact with any person confirmed to have COVID-19
- Travelled outside of Australia in the last 14 days
- Currently have respiratory symptoms

If answered no, admission may be considered for exceptional circumstances

- Visitor asked to complete a declaration with ID
- One consistent visitor per patient or resident as agreed by facility manager
- A visitor should stay a maximum of 1 hour



COVID-19
VISITOR POLICY

Message from the Chief Executive

We need your help...
...to help us protect you, your family, our patients/ residents and our staff.

STAY HOME
HELP STOP THE SPREAD AND STAY HEALTHY

Please... stay home to help stop the spread
We ask that during this time of our response to the COVID 19 pandemic you understand in the interests of safety for your loved ones, our patients, residents and staff we have restricted all visitor access to the health care facility.

Please only access this health care facility with the approval of the on-site manager.

Thank you for your understanding and help in keeping our community healthy.

Jill Ludford
Chief Executive
Murrumbidgee Local Health District

NSW GOVERNMENT | Health
Murrumbidgee Local Health District

Wednesday 2 April 2020

Visiting Hours Base Hospitals

Restriction on visitors to ALL areas of Base Hospital and Mental Health Unit

- Hours: 1300-2000hrs. 7 x days per week (unless otherwise agreed)
- Visitors must be over 16 years
- Visits must be limited to under 60 minutes

1 consistent visitor for:

- Maternity Women
 - Seriously ill or palliative Patients
 - ICU Patients
 - Paediatric Patients
-
- Assessment undertaken for all Visitors (includes travel history, temperature, respiratory symptoms).
 - A Visitor entering respiratory areas is required to wear PPE (nursing staff required to assist with the donning and doffing of PPE)
 - Visitors should not be present during any patient procedures with risk of aerosol contamination, except in special circumstances as approved by the General Manager or treating Specialist.

Please cancel travel to regional NSW

Non-essential travel to regional NSW towns and communities must be cancelled.

Easter holidaymakers should indefinitely postpone their visits, in line with the nationwide effort to slow the spread of the COVID-19 pandemic.

The virus does not discriminate and does not care about borders, so now is not the time to travel between towns, whether it be for meetings or even to visit family and friends.



How to take care of your mental health during isolation

- **Stay connected** — keep in touch by phone, social media or video calls
- **Keep moving** — exercise to relieve stress
- **Stick to a routine** — keep regular sleeping and eating patterns
- **Switch off** — take a break from the news
- **Reach out** — activate your support network or reach out for professional help

Immediate help



If you or someone you know needs immediate help, contact:

Lifeline Australia

[13 11 14](tel:131114)

Mensline Australia

[1300 78 99 78](tel:1300789978)

Beyond Blue

[1300 22 46 36](tel:1300224636)

Kids Help Line

[1800 55 18 00](tel:1800551800)

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on Triple Zero (000).