

## NSW Health Guidelines & Infection Control Advice for Families for Resident Outings

Residents are permitted to leave the facility and attend family gatherings or for other reasons but must abide by the current [Public Health \(COVID-19 General\) Order 2021](#) (the Order).

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### Questions for families to answer to inform external visit decisions and actions

#### 1: Is your loved one vaccinated?

- **If not**, then they are at greater risk of infection than vaccinated residents and,
- Will not be able to attend certain environments listed below.

#### 2: Is your loved one **ABLE** to wear face mask?

- **If not**-they need to meet a medical certificate or stat dec as to the reason- (see below)
  - If Yes- ensure that you are provided with 2x 3 ply surgical masks for the outing & the Resident wears the mask during the outing.
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- There are directions in the Public Health Order relating to vaccination requirements including Environments and locations that unvaccinated people can NOT attend (including residents from residential aged care facilities).

All people aged 16 years and over **must be fully vaccinated** to visit:

- Hospitality venues such as a café or restaurant
- cinemas
- group classes and activities at recreation facilities
- retail outlets such as shopping centres (not including critical services such as a supermarket or pharmacy)

- Allity staff will ensure that residents are provided with appropriate PPE and infection control advice if they leave the facility.
  - Each resident will be provided with 2x 3ply surgical masks for the day excursion.
  - You will be provided with this pack of information outlining Infection Control advice.

**PLEASE NOTE:** If a person cannot wear a face mask because of a disability, physical or mental health illness or condition, they must carry either;

- a medical certificate or letter signed by a registered health practitioner (such as a doctor) or a registered NDIS provider or
- a statutory declaration.

## Residents attending family gatherings or excursions

This information is guidance for families on COVID safe behaviours when taking residents into the community for an individual outing, family gathering or group excursion. This information does not replace individual's responsibility for complying with NSW Public Health Orders.

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COVID safe behaviours to ensure at your family gathering or outing:

- ✓ Practice physical distancing (1.5m),
  - ✓ Frequently undertake hand hygiene,
  - ✓ Outside events are preferable to inside events as they decrease the risk of COVID transmission,
  - ✓ Comply with any density requirements & Household gathering numbers consistent with Public Health Orders (see below)
  - ✓ Comply Public Health Order regarding attendee COVID Status (see below)
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- Ensure the event that you are taking your loved one to complies with the current [Public Health \(COVID-19 Safety Order 2021](#), and the [Public Health \(COVID-19 Additional Restrictions for Delta Outbreak\) Order \(No 2\)](#) .

### **No person at the event the Resident is going to:**

- has, in the past 14 days, been to any NSW, Interstate or New Zealand locations at the dates and times listed in the [latest COVID-19 case locations](#)
- has been a close contact of a person with confirmed COVID-19 in the last 14 days
- lives in a household with a person who is **currently** self-isolating
- is waiting for a COVID-19 test result.



## Reducing the risk of COVID-19 Infection

You can help reduce the risk of infection from COVID-19 (coronavirus) through physical distancing. Combined with good personal hygiene, physical distancing can help keep us all safe and protect vulnerable people in our community.

To keep yourself and others safe

- ✓ wash your hands often and thoroughly with soap and water or an alcohol-based hand sanitizer,
- ✓ avoid touching your eyes, nose and mouth with unwashed hands,
- ✓ keep a distance of 1.5 metres between yourself and other people,
- ✓ do not shake hands, hug or kiss as a greeting,
- ✓ if possible, use debit and credit cards instead of cash and make use of online and self-serve transactions,
- ✓ Cover your nose and mouth with a tissue when coughing and sneezing, or use your elbow, not your hands,
- ✓ Avoid touching your face and don't shake hands with others,
- ✓ Avoid public places if they look over-crowded, including the beach and the park
- ✓ Get COVID vaccinated.

It's particularly important to take these precautions when visiting vulnerable people or when vulnerable people are in the community on outings. Vulnerable people include those people living in aged care facilities and those people with compromised immune systems.

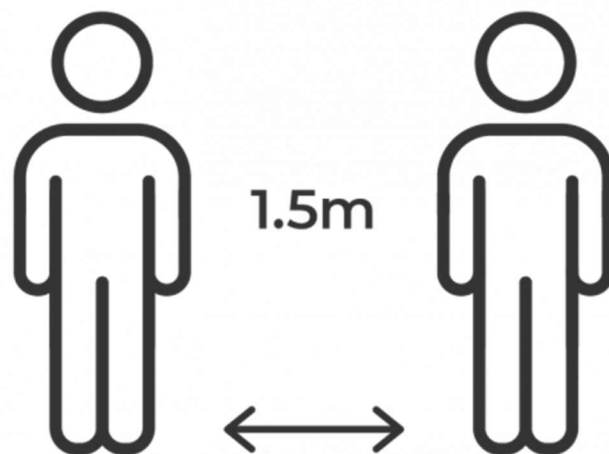
If you do have COVID-19 symptoms, get tested and stay at home.

## Physical Distancing

Physical or social distancing means reducing the close physical contact we have with people and staying 1.5 metres away from people we don't live with.

People living in the same household do not need to be 1.5 metres from each other.

Premises that you attend ensure that allow customers or groups of customers to practice physical distancing.



## What are the symptoms of COVID-19?

Symptoms of COVID-19 include:

- fever (37.5 ° or higher)
- cough
- sore throat
- shortness of breath (difficulty breathing)
- runny nose
- loss of taste
- loss of smell.

Other reported symptoms of COVID-19 include fatigue, acute blocked nose (congestion), muscle pain, joint pain, headache, diarrhoea, nausea, vomiting and loss of appetite.

Unexplained chest pain and conjunctivitis have also been reported as symptoms of COVID-19.

In more severe cases, infection can cause pneumonia with severe acute respiratory distress.

If you have any symptom(s) of COVID-19, even if it is mild, don't delay, please get tested and isolate while you wait for your test results.

While some people don't develop symptoms at all, for people who do develop symptoms these typically appear five to six days after exposure to the virus.

However, it is possible that symptoms can appear anytime from between 1 and 14 days after being exposed to the virus.

### Outings Tip Card



Wash or sanitise your hands properly and regularly



Practice physical distancing of at least 1.5m



Wear a mask



Don't touch your face



Avoid touching things



Avoid large indoor gatherings (follow NSW Govt rules)

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