

# INDEPENDENT LIVING RESIDENTS

## COVID-19 UPDATE: DECEMBER 2020

**As COVID-19 restrictions in South Australia ease, we would like to ensure you are up-to-date with the latest State Government advice and the current precautions in place across UnitingSA's Independent Living communities.**

### What COVID-19 precautions does UnitingSA have in place?

While the State Government has eased many restrictions across our state, we remain conscious of the need for some precautionary measures to ensure the ongoing protection of our people. To support this, across our Independent Living Unit communities we are continuing to:

- Postpone all maintenance works, except those deemed 'essential'
- Enforce compulsory mask wearing for all staff and contractors entering a unit to undertake work
- Undertake COVID-19 screening measures for staff and any essential visitors or contractors at sites
- Postpone UnitingSA-led resident events throughout December, with the hope of being in a position to recommence group meetings and outings in the New Year.

### Am I allowed to have visitors in my home?

Social interaction is an important part of maintaining wellbeing. As per the latest State Government directive, from Monday, 14 December 2020, the maximum number of people allowed to gather in a residence increased from 10 to 50 people.

### Am I able to travel?

Travel to regional areas of the state is now permitted. If you want to travel interstate, you should check the rules of the state you wish to travel to before you leave as travel restrictions are changing frequently. Please visit [www.covid-19.sa.gov.au/restrictions-and-responsibilities/travel-restrictions](http://www.covid-19.sa.gov.au/restrictions-and-responsibilities/travel-restrictions) for the latest updates.

### What other activities am I able to do?

Most businesses and activities have now resumed operating, providing they comply with government requirements. This includes:

- Retail stores and supermarkets
- Pubs, bars, restaurants, cafes, wineries and takeaway outlets
- Gyms, fitness centres, sports clubs and swimming pools
- Religious and faith-based ceremonies (please note, weddings and funerals are capped at 200 people and must adhere to the 1 person per 2 square metre requirements)
- Cinemas, theatres, galleries, libraries, community centres
- Beauty, nail and massage salons

### What is the new COVID SAfe (QR Code) check-in process?

The State Government has introduced QR code technology across many businesses to support contact tracing in the event of a COVID-19 outbreak. This means you will need to use your mobile phone to scan the QR code as part of a check-in process before entering many premises. You can do this either using your mobile phone's camera function or by downloading the free mySAGOV app to your phone. If you don't have a mobile phone, you will be asked to fill in a paper record of your attendance instead. More information about the QR check-in process can be found at [www.covid-19.sa.gov.au/business-and-work/covid-safe-check-in](http://www.covid-19.sa.gov.au/business-and-work/covid-safe-check-in)

### Do I need to wear a mask?

The new State Government directive makes it mandatory to wear a face mask in some settings where vulnerable people may be in attendance, including personal care services, allied health and residential aged care. While this does not include retirement villages, it does mean that if you attend other sites such as GP clinics, dentists, hospitals, or are visiting someone in residential aged care, you will be required to wear a mask which covers your nose and mouth. While it is not compulsory to wear a mask when shopping at supermarkets and other retail outlets, it is recommended if you are unable to maintain a 1.5m distance from others. The same recommendation applies when catching public transport.

## When should I seek a COVID-19 test?

Symptoms associated with COVID-19 include fever (above 38C), chills, cough, sore throat, runny nose, shortness of breath, loss of taste or smell. If you experience even mild symptoms, you are advised to seek medical advice from a General Practitioner and follow all directions given. If it is determined a COVID-19 test is required, they may test you in their clinic, take a swab test while you remain in your car, or they may refer you to an alternative testing location.

In addition, if you have visited one of the COVID-19 alert locations identified by SA Health you may be required to seek a test and in some cases, self-isolate. Visit [www.sahealth.sa.gov.au/COVIDcontacttracing](http://www.sahealth.sa.gov.au/COVIDcontacttracing) for the latest list of health alert locations.

**Always call 000 if you need urgent medical help.**

## What other precautions are recommended to protect my health?

Good hygiene practices are crucial to protect against the spread of COVID-19. Even if you're feeling well, it's important to take precautionary steps. This includes:

- Washing your hands often with soap and water for at least 20 seconds
- Using alcohol-based hand sanitisers when hand washing isn't an option
- Covering coughs and sneezes with your elbow or a tissue
- Disposing of tissues immediately after, into a dedicated waste bin and washing your hands
- Avoiding touching your eyes, nose and mouth
- Cleaning and disinfecting any surfaces you have touched including benches and door handles.

In addition, if you haven't already received your free flu vaccination from your GP for 2020, it is recommended to book in at your earliest convenience. While the flu vaccination does not provide immunity against COVID-19, it will protect against various strains of influenza and ensure your health is not compromised. It is also a requirement of anyone wanting to visit people in a residential aged care facility to show proof of their influenza vaccination upon entry.

## Additional resources

There is a lot of information online and in the media about COVID-19 and it can get overwhelming. Here are some key resources that may assist you if you require further advice or support.

- For updated advice and alerts related to COVID-19 visit [www.covid-19.sa.gov.au/](http://www.covid-19.sa.gov.au/) or call the SA COVID-19 Information Line **1800 253 787**.
- For mental health support, there are a range of telephone and online services including the SA COVID-19 Mental Health Support Line on **1800 632 753** or the Older Person's COVID-19 Support Line **1800 171 866**.
- If your needs have changed and you now require in-home care, contact My Aged Care to discuss whether you are eligible for government-subsidised support on **1800 200 422**.

## Do you have further questions?

If you have questions specific to UnitingSA and the information contained in this fact sheet, please contact Seniors Living Coordinator Margaret Richards on **0419 810 201**.

*Information current at 14 December 2020*