

21 December, 2020

Anglican Care Advice to Home Care Consumers – COVID-19 Update

Dear Consumers,

I hope this correspondence finds you safe and well. The Christmas season is well and truly upon us and I know many of you had already started celebrating. It is a truly wonderful time to give thanks to family and friends. I appreciate that you may be affected by the new COVID-19 restrictions introduced in Greater Sydney, Central Coast and Wollongong as a result of the evolving Avalon cluster. To date as a community, we have done an amazing job to prevent the spread of this virus and it is important for us to continue to do what we can to bring the current outbreak under control. With increased visitors and people travelling greater distances there is a risk of spreading and contracting COVID-19.

There are no specific restrictions for people over 70 about self-isolating or staying at home. However, NSW Health advises people over 70 are at greater risk of more symptoms if they are infected with COVID-19 and has issued some advice for **Gathering Safely** during COVID-19

<https://www.health.nsw.gov.au/Infectious/factsheets/Factsheets/gathering-safely-seniors.pdf>

Some of the key strategies to protect yourself include:

- **Meet outside** where possible, avoid crowded areas
- **Minimise the number of guests in your home to 10 people.** NSW Health has relaxed restrictions, however they are recommending that high risk people (i.e. those aged over 70 or those with pre-existing medical conditions) limit this to no more than 10 people.
- Continue to **maintain your visitor register** for anyone entering your home. These records are utilised for the purposes of tracing COVID-19 infections.
- Continue to follow the COVID-19 safety recommendations – **wash your hands regularly, maintain 1.5m physical distancing and apply a mask** in any situation where physical distancing is not possible, including indoor venues such as a supermarket or shopping centre.
- **Get tested if you have any symptoms**, even if they are mild and notify Anglican Care immediately.

This year has been extremely challenging for us all. I would like to thank you all for your understanding, support and cooperation as we navigate the pandemic together. All planned services will continue over the Christmas and New Year period and you can find the latest COVID-19 news and updates at the following link <https://www.nsw.gov.au/covid-19/latest-news-and-updates>

Wishing everyone a happy, peaceful and safe festive season.

Kind regards,



Chris Giles

General Manager Community Care Services