



PeopleBank News



CORONAVIRUS ADVICE

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Professor and General Practitioner**

Prof. Willcock has extensive experience in clinical practice, medical education, primary care research, organisational governance and medical workforce development

SOME FACTS ABOUT COVID 19

- The coronavirus causes symptoms indistinguishable from many other respiratory viral infections that all manifest as “the common cold” – namely fever, cough, sore throat and rhinorrhoea (runny nose).
- As with other respiratory tract viruses, many people infected have minimal or even no symptoms and recover within a few days.
- A small minority of people infected with coronavirus become severely unwell, usually with symptoms of acute respiratory distress that may be indistinguishable from other infective causes of pneumonia
- It appears that the mortality rate from coronavirus infection is probably at around one to two percent of those infected and occurs mainly in people with other risk factors such as advanced age or immunosuppression.
- Children and pregnant women do not seem to be at higher risk of serious complications, as occurred with the H1N1 “swine flu” virus.
- In keeping with other similar respiratory tract infections it is inevitable (and we must assume) that:
 - Person to person transmission occurs
 - The primary means of transmission are aerosol droplet spread from coughing, sneezing, and interpersonal contact, primarily hand to hand.

WHAT IS MY RISK, AND HOW TO MINIMISE IT?

- The virus is now in the community, so unless you become a hermit you may be exposed to it.
- It is best thought of as “just another respiratory virus” so the usual precautions apply.
 - Wash your hands with soap and water if you have been out or handled things that other people may have handled (handrails, tables etc.) You only need hand sanitiser if you don't have soap and running water.
 - Avoid touching your face
 - Cough into your elbow
 - Avoid close contact with people in crowded public areas

If you get a sniffle or other signs of a respiratory infection let someone know. You can do this by discussing your symptoms over the phone with your local general practice. They will tell you if you need to be seen and/or swabs collected). Self-isolate from other people until your symptoms resolve and any swab results are known.

>> [Video link - Coronavirus hygiene guidance](#)

Note: This is a link to a video hosted on Facebook, you can still watch the video even without an account. If you are prompted to open a Facebook account simply click “not now” and proceed to the video.

HEALTH TIPS

PRACTICAL TIPS FOR THE NEXT FEW MONTHS

- **Don't panic!**
- It is “just another respiratory virus” – we have probably had equally dangerous epidemics of viruses in the past thirty years – we just didn't have the technology to recognise them
- Avoid close contact in crowded public areas
- Understand the difference between “casual contact” e.g. you were in a building where someone was later diagnosed with Coronavirus (this barely increases your risk above the community risk) from “risky contact” e.g. you spent more than 15 minutes in a closed room with someone who either had the coronavirus or developed it within the next few days” (this significantly increases your risk, but not the risk to your other contacts unless you start to feel unwell)



Having the COVID-19 virus in our community will effect individuals differently. People may be anxious. Our community members will need to have concerns heard and questions answered. Contact your GP if you have any concerns.



Prof. Simon Willcock
Deputy Chair SNHN

FLU VACCINES

Who should get vaccinated?

Influenza is the most common preventable disease in Australia. The Australian Government recommends everyone aged six months and over get immunised against seasonal flu.

Vaccination is a safe and effective way to protect yourself, and people who get vaccinated are at lower risk of getting an infection (and developing serious disease) than those who do not.

The benefits go beyond the individual, too. Getting a flu shot also means you help to protect others, including those who are too sick or too young to be vaccinated, as well as vulnerable groups such as babies, people over 65 years, and pregnant women. The more people who are vaccinated in the community, the less likely the flu will spread.

What does it cost?

Many people are eligible for government funded vaccine given free by your family doctor. Eligible people include:

- All children between 6 months and 5 years
- All people aged 65 years and over
- People aged 5+ with a medical condition
- Aboriginal and Torres Strait Islander people
- Women in the early stage of pregnancy

1. Family doctors also have a private supply of vaccines, that you can have at your local doctor. The general practice will charge approximately \$20
2. Some workplaces offer funded flu vaccination that employees can take advantage of for free.
3. You can have the flu vaccine at some pharmacies and the cost varies from between \$10-\$20

When should you get vaccinated?

Timing, as they say, is everything — and the flu vaccination is no exception. It's important to be protected early on when the flu season kicks off, but also several months later, when flu activity peaks. While the vaccine is generally expected to provide you immunity for the whole season, research shows its effectiveness can start to wane after three to four months.

In order to achieve the highest level of protection during peak flu season, the Department of Health recommends people get vaccinated from mid-April.

[>> Click here to read more on immunisation](#)

WHAT'S BEEN HAPPENING IN SYDNEY NORTH

December 2019

28: Culturally and Linguistically diverse Aged Care Forum, Chatswood

February 2020

- 11: Cantonese Bone Health Workshop, Chatswood
- 17: English Bone Health Workshop, Chatswood
- 21: Northern Beaches Seniors festival, Dee Why
 - Bone Health Workshop
 - Food and your Mood Workshop
 - Mindfulness Workshop

Indigenous Events

- 8 DEC:** Christmas with the Mob, Davidson Park, Rozelle
- 12 DEC:** Womens Gathering X-mas Party, Ryde
- 23 JAN:** Womens Gathering resumes fortnightly, 10am - 1pm, Ryde
- 13 FEB:** Hornsby fortnightly PCYC Indigenous Youth group commences, 4-6pm during school term, Hornsby
- 20 FEB:** Dee Why fortnightly PCYC Indigenous Youth group commences, 4.30 - 6.30pm during school term, Dee Why
- 29 FEB:** Free Indigenous Surf Day, Manly



Bone Health Workshop, Chatswood



Northern Beaches Seniors festival, Dee Why



GPS IN SCHOOLS

- 10 DECEMBER:** Beach School
- 3 DECEMBER:** Balgowlah Boys
- 5 DECEMBER:** St Pauls
- 11 DECEMBER:** Cromer Campus
- 12 DECEMBER:** Forest High

Monitoring symptoms

Self-isolation Tips

When in home isolation, you should monitor yourself for symptoms. Watch for:

- Fever
- Cough
- Shortness of breath (difficulty breathing)
- Other early symptoms including chills, body aches, sore throat, headache and runny nose, muscle pain, or diarrhoea

If you or someone else in home isolation develops severe symptoms and it is a medical emergency (e.g. shortness of breath or difficulty breathing) you should **phone 000**. Tell the ambulance staff that you are in home isolation for COVID-19.

If the symptoms are less serious you should phone your GP or the local emergency department to arrange for a medical assessment. When you have an appointment, you should travel directly to the medical centre or emergency department and wear a surgical mask.

If you develop symptoms, you should also make sure you wear a surgical mask while in the presence of other household members, even if they are also in home isolation.



If the symptoms are less serious you should phone your GP or the local emergency department to arrange for a medical assessment.

Travel directly to the medical centre or emergency department and wear a surgical mask.



Coping with home isolation

Family tips

Being in home isolation can be frightening, particularly for young children. We've put together some tips for coping.

- Talk to the other members of the family about COVID-19 to reduce anxiety. You can find accurate, up to date information on the NSW Health Website - Novel coronavirus (COVID-19).
- Reassure young children using age-appropriate language.
- Keep up a normal daily routine as much as possible.
- Arrange with your employer to work from home, if possible.
- Ask your child's school to supply lesson information and homework by email.
- Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too - remember that isolation won't last for long.
- Keep in touch with family members and friends via telephone, email or social media.
- Exercise regularly at home. Options could include exercise DVDs, dancing, floor exercises, yoga, walking around the backyard or using home exercise equipment, such as a stationary bicycle, if you have it. Exercise is a proven treatment for stress and depression.
- Ask your family, friends or other members of the household to pick up your groceries and medicines for you. If this is not possible, you may be able to order groceries and medicines (including prescription medicines) online or by telephone.

Support services

AUSTRALIAN
DEPARTMENT
OF HEALTH



National Coronavirus Health Information line

Call this line if you are seeking information on novel coronavirus. The line operates 24 hours a day, seven days a week.

>> [1800 020 080](tel:1800020080)

Health Alerts: Coronavirus (COVID-19) Information and Resources

The Australian government is monitoring the respiratory illness outbreak caused by coronavirus (COVID-19). This alert is updated every day with the latest medical advice and official reports.

>> [Click here](#)

Factsheet: Novel Coronavirus (2019-nCoV) for Australians

>> [Click here](#)

NSW MINISTRY OF
HEALTH



Infectious diseases resources: COVID-19 (Novel Coronavirus)

Information, advice and resources on Coronavirus

>> [Click here](#)

Frequently asked questions on Coronavirus

>> [Click here](#)

Cough etiquette

Minimise the risk of contracting or spreading Coronavirus by practicing proper cough etiquette and hand hygiene.

>> [Click here](#)

PHN COMMUNITY
RESOURCES



Novel Coronavirus information for the community

Up-to-date information and advice on the Coronavirus and useful resource links

>> [Click here](#)

How to handrub?

WITH ALCOHOL-BASED FORMULATION



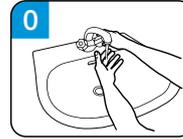
World Health Organization

How to handwash?

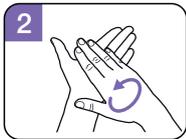
WITH SOAP AND WATER



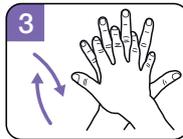
Apply a palmful of the product in a cupped hand, covering all surfaces;



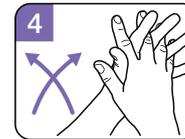
0 - Wet hands with water;
1 - Apply enough soap to cover all hand surfaces;



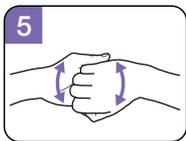
2 Rub hands palm to palm;



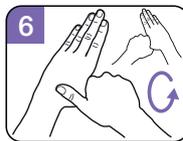
3 Right palm over left dorsum with interlaced fingers & vice versa;



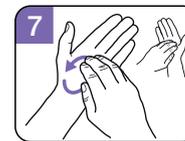
4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



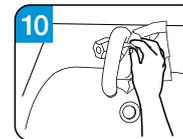
7 Rotational rubbing, back & forward, clasped fingers of right hand in left palm & vice versa;



8 Rinse hands with water;



9 Dry hands thoroughly with single use towel;

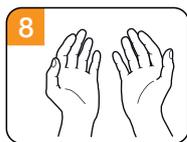


10 Use towel to turn off faucet;

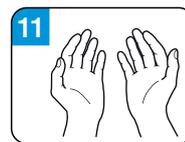


20-30 sec

40-60 sec



8 ... Once dry, your hands are safe.



11 ... Your hands are now safe.

>> Download WHO how to handrub and handwash poster

USEFUL LINKS

WHO Q&A ON CORONAVIRUSES

[who.int/news-room/q-a-detail/q-a-coronaviruses](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Information and answers on some of the most commonly asked questions regarding COVID-19.

>> Click here for more

WHO CORONAVIRUS OUTBREAK

[who.int/emergencies/diseases/novel-coronavirus-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)

The latest World Health Organization updates on COVID-19.

>> Click here for more

NSW HEALTH COVID-19 - FREQUENTLY ASKED QUESTIONS

www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx

NSW Health information answering FAQs regarding the virus in Australia.

>> Click here for more

FIND A HEALTH SERVICE

findahealthservice.com.au

If your injury or illness is serious, but not an emergency, there are services available to provide faster, more convenient care.

>> Click here for more

EMAIL A STORY

Do you have a health story or event to share?

Email your story and you could be featured in our next Newsletter. (Story limit: 300 words).

>> Email us your story

