

# *St. John's Retirement Village*

"The Perfect Place to Live"

## COVID-19 Update

August 6, 2020

### Practise Good Hygiene

Wash Hands & Stay at Home

Cover Cough or Sneeze

Eat Well & Keep Exercising

**Dear Residents (and Families),**

### **Important Information - Stage 4 Restrictions and COVID-19**

Stage 4 Restrictions are **NOW** in force across our locality. This means **No visitors** to your unit or apartment, face protection is mandatory, **No leaving the site** unless you have a very strong reason, and then staying within 5km's of the Village. In person shopping is limited to **one person and essentials ONLY**. Attending medical appointments are permitted but extreme safety precautions must be adhered to.

The Village now has its first confirmed case of COVID-19. With the extent of COVID-19 in the broader community around Melbourne the risk factors are getting ever higher. In this case the resident appears to have picked up a mild case through a short stay in a hospital/rehab facility. Upon return to the Village the resident isolated herself to her unit with minimal contact. Following a COVID-19 testing proving positive, the resident is now in a further 14 day strict quarantine. This is one contained isolated case - not an outbreak.

I have described this case in some detail as it demonstrates why it is so important to abide by the rules to protect both yourselves and your families, friends and our Village. Currently we have a number of staff and one couple from a neighbouring unit who have been tested (awaiting results) and they are now in 14 days isolation (as a precaution) as we expect, their tests results will come back negative.

Your Care Team and other Village staff have been preparing and training for this type of incident and in conjunction with the Stage 4 Restrictions, you will see an elevated level of precaution, and wearing of protective equipment by staff and carers. As was the source in this case, it has come from outside our Village through a place we trusted, validating why the precautions we are taking, and **Stage 4 Restrictions MUST be adhered to:-**

- **STAY at HOME** if at all possible, if you must go out then only one trip per day. If you are out more often, then expect to be challenged as to why, hefty fines may apply.
- **Wear face masks** anytime you leave your unit, **sanitise & hand wash**.
- **NO visitors**, get family and friends to communicate by telephone or video.
- **Maintain social distancing**, avoid any crowds or gatherings or waiting areas.

In addition:-

- We have temporarily closed the apartment dining room, delivery of meals to units will continue, ring reception to place orders. Please leave a small table/chair near your front door so staff do not have to enter your unit.
- Newspapers and parcels will be delivered direct to units minimising visits to the community centre.
- If family are supporting with shopping, have them leave the supplies, on a small table near your front door so any deliveries can be safely transferred without contact.
- Should you stay in hospital or attend day surgery please advise reception or care staff upon your return so we can support you with appropriate COVID-19 isolation precautions.
- Outside exercising/ walks etc are still permitted – 1+1 only, once a day and for no longer than 1 hour.
- Curfews are now also in place and will be in operation from 8pm-5am every evening.

As always, if you have any questions, please check with staff or leave a message with reception.

**Graeme Drummond—Village CEO**