

St Johns Retirement Village

"The Perfect Place to Live"

COVID-19 Update

October 28, 2020

Practise Good Hygiene

Wash hands, Cover Cough or Sneeze.

Visitors to sign-in, keep a diary.

If you can, stay at home.

Eat well, Keep exercising.

Dear Residents and Families,

After a challenging lock-down we are now seeing the COVID restrictions being eased. With this good news we will have the opportunity to make some changes at the Village and start to open some of the many activities that had to be stopped. With the opening up plan we ALL need to be actively involved in protecting both our own health as well as that of our neighbours and our families. The universal operating practises for everybody's wellbeing include: -

- We must continue to **wear face masks** when you leave your unit.
- We must practise effective **hand washing**.
- Regular **sanitising of all contact surfaces**.
- **Social distancing** of a minimum of 1.5 metres (or 1 person per 4 square metres).
- Keep **accurate records** of who we have been in contact with and where we have visited.
- **Avoid crowded areas** or queues.

Recently a few of our residents have had the opportunity to undergo elective surgery. The local hospitals and day clinics are requiring patients to have a COVID test and stay in **strict isolation** before being admitted. Upon return from hospital we are having the resident isolate for a minimum 4 days while they are monitored for any COVID symptoms. As per our "COVID Safe Plan" please let the care staff know when you are in isolation and when you are due back from hospital.

Over the coming weeks we expect to see more changes in line with those already announced. The latest restrictions still have a strong focus on meeting or seeing families "**outdoors**". Specifically, for the changes effective from Wednesday 28 October we have the following: -

- . Travel now allowed up to **25kms** from home.
- . **Home visits** must remain within the 25-kilometre radius rule and the **once-a-day** rule applies to both the people hosting a visit and the up to 2 adults attending. There is no bubble arrangement, so people can have different visitors each day, but they must all come from just one other household, meaning no more than two households are connecting through home visits each day. (Staff of StJ's and outside health carers are not counted as visitors).
- . **Outdoor gatherings** of up to 10 people while maintaining social distancing.
- . Shopping, retail and personal services all open with masks and social distancing.
- . Indoor religious gathering for up to 10 participants – initially restricted to Serviced Apartment residents only (more information to come).
- . Social 1 plus 1 bubble arrangements continue, no restriction on time or distance from home.
- . Allied health services allowed with appropriate space and COVID safe plan.

The need to '**Sign-In**' and provide contact details is an ongoing requirement for anybody coming on site or going to a hospitality venue. All residents should keep a list of people they have contact with.

In line with the current restrictions a number of potential residents have made appointments and inspected units. If you have friends or family who may wish to become part of our Village community, they can arrange an appointment by contacting Heather on 03 5977 6955.

Are you feeling well? – You must stay at home and not have visitors or visit anyone if you are feeling unwell. **If you have Symptoms – get TESTED straight away. As always Staff are here to assist and they can be contacted 24/7 on 03 5977 6955 or in an emergency Residents can press the nearest "Call" button or their personal alarm pendant. In the meantime - Stay well and Keep safe.**

Graeme Drummond—Village CEO