



St Vincent's Clinic






Reducing the risk of infection from Coronavirus (COVID-19)

The safety of our patients and staff is our number one priority



Five ways you can reduce the spread of infection

Like all flu viruses, there are some simple things you can do to keep yourself and other people safe. The best prevention against COVID-19 is **hygiene**, so make sure you:

	<p>Wash your hands thoroughly for at least 20 seconds after touching objects and surfaces.</p>
	<p>Use alcohol-based hand sanitiser regularly.</p>
	<p>Cover your cough or sneeze with a tissue or cough into your flexed elbow.</p>
	<p>Avoid touching your eyes, nose, and mouth.</p>
	<p>If you are concerned that another person has not cleaned their hands properly, please let a staff member know.</p>

Information for Visitors / Patients

- **Do NOT visit the Clinic if you are feeling unwell**
- Thoroughly **clean your hands** with hand sanitiser before entering and exiting the Clinic and after touching any surfaces or objects
- Practice **social distancing** by staying at least 1.5 metres from people

About COVID-19

What is COVID-19?

- Coronaviruses are a large family of viruses that usually cause mild illness, such as the common cold.
- COVID-19 is a new strain of coronavirus that has not been previously identified in humans.
- Human coronaviruses are spread through **contaminated droplets**, by coughing or sneezing, or by touching **contaminated objects**.
- COVID-19 is tested by taking a swab from your inside nose and mouth.

What are the symptoms of COVID-19?

- Symptoms include fever, cough, runny nose, and difficulty breathing.
- Most symptoms appear **5 to 6 days** after a person is infected.
- Most people have mild symptoms, and will recover with rest and fluids.
- Some people have no symptoms at all. People may be infectious without having symptoms.
- In more severe cases, infection can cause pneumonia and severe respiratory distress.

What is “self-isolation”?

- Self-isolation involves staying indoors and avoiding further contact with people until you are sure you do not have COVID-19 infection.
- You must self-isolate for 14 days if:
 - You have travelled overseas (within 14 days), or
 - You had close contact with a person with confirmed COVID-19.
- If you are waiting for COVID-19 test results, then you must “self-isolate” until your result is negative (clear).



Practice simple hygiene by washing hands regularly

1 Wet hands



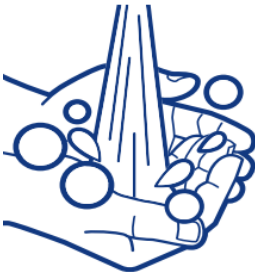
2 Apply soap



3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spend **20 seconds** washing your hands.