



## **Keeping our Community Safe**

As the seriousness of the COVID-19 pandemic escalates and our government ramps up its efforts to “stop the spread” we need to start taking action at the local level to make sure we are doing all that we can do to “take care of our own” and we are asking for the assistance of everyone in the community. First and foremost, we all need to diligently practice social distancing, minimising social interactions, cut all “non-essential travel”, and follow all government issued guidelines. This is particularly important in regional communities where health resources are limited. Limiting the outbreak rather than treating it is absolutely critical. There is no need for panic but equally no room for complacency.

Advice remains that social distancing and hand hygiene are the most effective way to slow the spread, slowing the spread is critical and we all have a part to play. The Commonwealth and State Governments will continue to put out advice regarding these measures and any restrictions on movement.

<https://www.sahealth.sa.gov.au/>

<https://www.health.gov.au/>

### **1) Taking Care of our own**

We are building a data base of all the “higher risk” members of our community to ensure that everyone has the support that they need at this difficult time and that nobody “falls between the cracks”. Most obviously this will be the elderly and individuals with existing health issues, but it also applies to anyone living alone and/or socially or physically isolated.

Country people are well equipped to deal with a crisis but we do have a weak point in that we can be very proud and overly independent. A lot of people that should be registering here won't do it themselves, so please nominate them for our database. It doesn't matter if the same person gets nominated 100 times, it does matter if we miss someone so please take the time to give this some thought and let us know who we need to keep an eye on. You can nominate yourself of course, and/or others. You can do this via emailing us at; [council@franklinharbour.sa.gov.au](mailto:council@franklinharbour.sa.gov.au) or calling us on 8629 2019

### **2) Volunteer Register**

Given the uncertainty and unpredictability of current events some of our community members and organisations may need extra help so if you are up for helping please register. Some of the likely areas where assistance may be required is delivering of shopping/meals/medicines and checking in with people to see that they are OK, or just giving them a call for a friendly chat. Please be generous with your assistance as we have quite a high number of seniors in our community who are an important part of our “social fabric” and we need to take good care of them.

### **3) Possible Employment Opportunities With SA HEALTH**

The Eyre & Far North Local Health Network (EFNLHN) is taking steps to respond to the COVID-19 epidemic. Part of these steps includes a contingency plan to address a possible shortage of staff.

We are encouraging members of our community who are unemployed, underemployed or otherwise available to join the workforce temporarily, to register your details with Council. If and when required, EFNLHN will contact Council for your details.

Please call or email Council on 8629 2019 or [council@franklinharbour.sa.gov.au](mailto:council@franklinharbour.sa.gov.au) to register. You will be asked for:

- Your full name
- Contact number
- Skill set

- A copy of a current police check if you have one

\* Note – it will be a requirement to have a current police check to work with SA Health\*

Examples of skills required include: driving, maintenance, administration and caring skills. Nurses and recently retired health professionals would be highly valued.

#### **4) Supporting our local businesses**

The COVID-19 situation is both a medical and an economic situation as people lose their jobs and businesses are forced to close or restrict their operations. We need to restrict going out to a minimum, we need to maintain social distancing but we still need supplies and need businesses to be open. It is vital that we support our local businesses. Most businesses are still open as usual but hotels, cafes, bakeries have had restrictions put on them but they are still open and need our support so a quick update of the local situation is:

**Commercial Hotel** – Open Wednesday to Saturday

Bottle shop 4pm to 8pm,            Meals (Takeaway only) 5pm – 8pm

**Franklin Harbour Hotel** – Open 7 days for take away meals and drinks 12pm – 8pm

**Nel's Café** – Take away coffee and food

Monday - Friday 8am to 2.30pm            Sat & Sun 8.30am to 2.00pm

**Cowell Bakery** – Take away coffee and food (still baking)

Mon – Friday 8am to 4pm            Saturday 10am to 2pm            Sunday 10am to 3pm

#### **COVID-19 Clinics and Testing Centres**

Dedicated COVID-19 clinics are open across metropolitan and regional South Australia.

By triaging, testing, and referring suspected or confirmed cases of COVID-19, these clinics will take pressure off our Emergency Departments in the event of an outbreak and help to minimise the spread of infection.

#### **When to present?**

Please only present for testing if:

- You have travelled overseas in the past 14 days AND have symptoms.
- You have travelled interstate in the past 7 days AND have new symptoms.
- You have been in contact with a confirmed case AND have symptoms.
- You are a healthcare worker with direct patient contact AND have a fever ( $\geq 37.5$ ) AND an acute respiratory infection (e.g. shortness of breath, cough, sore throat).
- Persons who have been to Angaston, Nuriootpa, Tanunda, Lyndoch or Williamstown since March 14 AND have symptoms.

These guidelines are changing regularly so call your doctor/health clinic or call the COVID 19 hotline on 1800 020 080 if you aren't sure

## Drive-through Testing

Drive-through collection centres have been established on Eyre Peninsula so that tests can be taken with the patient still in the vehicle, minimising the risk of spreading the infection.

Drive-through testing will support GPs who may not be able to perform the test in their own clinic.

Patients need a referral from their GP to access this service.

### COVID-19 clinic – Ceduna

#### Ceduna District Health Services

For all hospital enquiries

**Telephone:** (08) 8626 2110

**Fax:** (08) 8626 2191

**Street address:**

3 Eyre Highway, Ceduna South Australia

**Operating hours:** Monday to Friday 9.00 am to 1.00 pm

**Location:** Step Down Unit at Ceduna Hospital

**Bookings are essential:** Patients will have to contact their GP for a referral.

Those arriving for a test will come through the gate, speak on the intercom and then wait in their car until they are phoned to proceed to a testing room.

### COVID-19 clinic – Port Lincoln

#### Port Lincoln Health Service

For all enquiries:

**Telephone:** (08) 8683 2200

**Fax:** (08) 8682 5831

For all emergencies phone 000

**Street address:**

Oxford Terrace Port Lincoln, South Australia

**Location:** Rear of the Port Lincoln Hospital, accessible from Marine Avenue.

**Bookings are essential:** Patients will have to contact their GP for a referral.

### COVID-19 clinic – WHYALLA

#### Whyalla Hospital and Health Service

For all enquiries:

**Telephone:** (08) 8648 8300

**Fax:** (08) 8648 8505

For all emergencies phone 000

**Street address:** 20 Wood Terrace Whyalla South Australia

**Operating hours:** Monday to Friday 12.00 to 3.00 pm

**Location:** Wood Terrace entrance opposite Roberts Terrace, drive through ramp area.

**Bookings are essential:** Patients will need to contact their GP who will arrange an appointment.

All patients attending the Clinics are advised to remain in their vehicles until assessed by Health Care Staff.

We have also attached the latest Coronavirus Frequently asked questions from the Federal government which we strongly recommend that you read.

We are in daily contact with all of the relevant Commonwealth and State agencies and can assure you that all tiers of government are working “around the clock” to manage this situation. It has been made very clear to us that Council is considered an essential service and we will continue to operate to serve our community and endeavour to keep it safe. However, at this point in time it is individual not government actions that will have the biggest impact, and by following the guidelines and doing the right thing you will be keeping both yourself and our community safe.

This includes getting all “higher risk” people registered, and people that can registering as a potential volunteer. Regional communities are good at this, lets pull together and show how it should be done.

Robert Walsh – Mayor

Shane Gill - CEO



## COVID-19 – Frequently asked questions

### What is a coronavirus and COVID-19?

Coronaviruses are a large family of viruses known to cause respiratory infections. These can range from the common cold to more serious diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). This new coronavirus originated in Hubei Province, China and the disease caused by the virus is named COVID-19.

### How is this coronavirus spread?

COVID-19 is most likely to spread from person-to-person through:

- close contact with a person while they are infectious or in the 24 hours before their symptoms appeared
- close contact with a person with a confirmed infection who coughs or sneezes
- touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

### Can I leave home?

All Australians are required to stay home unless it is absolutely necessary to go outside.

Australians are permitted to leave home for the essentials, such as:

- shopping for food
- exercising outdoors, avoiding contact with other people
- going out for medical needs
- providing care or support to another individual in a place other than your home
- going to work if you cannot work from home.

Attending barbers and hairdressers is allowed, but the four square metre rule per person must be strictly observed and personal contact during the patron's visit should be minimised where possible.

All international travel is banned. Domestic travel is to be avoided.

When out of your home it is even more important to practise good hand and cough/sneeze hygiene and social distancing.

You should:

- wash your hands frequently with soap and water for 20 seconds, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues and wash your hands
- avoid contact with others (stay more than 1.5 metres from people)
- exercise personal responsibility for social distancing measures.

## What are the symptoms of COVID-19?

The symptoms of COVID-19 are similar to other colds and flus and include:

- fever
- sore throat
- cough
- tiredness
- difficulty breathing.

While coronavirus is of concern, it is important to remember that most people displaying these symptoms are likely suffering with a cold or other respiratory illness – not coronavirus.

## What do I do if I develop symptoms?

If you believe you have been exposed to, or have COVID-19, you should phone the National Coronavirus Helpline (1800 020 080) for advice.

## How can we help prevent the spread of coronavirus?

Practising good hand and sneeze/cough hygiene and keeping your distance from others when you are sick is the best defence against most viruses. You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- if unwell, avoid contact with others (stay more than 1.5 metres from people)
- exercise personal responsibility for social distancing measures.

## Should I be tested for COVID-19?

Your doctor will tell you if you should be tested. They will arrange for the test.

You will only be tested if your doctor decides you meet the criteria:

- You have returned from overseas in the past 14 days and you develop respiratory illness with or without fever.
- You have been in close contact with a confirmed COVID-19 case in the past 14 days and you develop respiratory illness with or without fever.
- You have severe community-acquired pneumonia and there is no clear cause.
- You are a healthcare worker who works directly with patients and you have a respiratory illness and a fever

If you meet any of these criteria, your doctor can request you are tested for COVID-19. It is important to remember that many people with symptoms similar to COVID-19 will not have the virus. Only suspected cases are tested to ensure our labs are able to cope with the demand. There is no need to test people who feel well and do not meet the criteria above.

## Who needs to isolate?

All people who arrive in Australia from midnight 15 March 2020, or think they may have been in close contact with a confirmed case of coronavirus, are required to self-isolate for 14 days.

## Someone I live with is getting tested for COVID-19. Should I self-isolate and get tested as well?

If a household member is a suspected case, you may need to be isolated. This will be determined by your public health unit on a case-by-case basis. Your public health unit will contact you if you need to isolate. For more information, read our fact sheet on [home isolation](#).

## What does isolate in your home mean?

If you have been diagnosed with COVID-19, you must stay at home to prevent it spreading to other people. You might also be asked to stay at home if you may have been exposed to the virus.

Staying at home means you:

- do not go to public places such as work, school, shopping centres, childcare or university
- ask someone to get food and other necessities for you and leave them at your front door
- do not let visitors in — only people who usually live with you should be in your home

You do not need to wear a mask in your home. If you need to go out to seek medical attention, wear a surgical mask (if you have one) to protect others.

You should stay in touch by phone and on-line with your family and friends. For more information, read our fact sheet on [home isolation](#).

## What is social distancing, and why is it important?

Social distancing includes ways to stop or slow the spread of infectious diseases. It means less contacts between you and other people.

Social distancing is important because COVID-19 is most likely to spread from person-to-person through:

- direct close contact with a person while they are infectious or in the 24 hours before their symptoms appeared
- close contact with a person with a confirmed infection who coughs or sneezes, or
- touching objects or surfaces (such as doorknobs or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.
- So, the more space between you and others, the harder it is for the virus to spread.

## Who is most at risk

In Australia, the people most at risk of getting the virus are:

- travellers who have recently been overseas
- those who have been in close contact with someone who has been diagnosed with COVID-19
- people in detention facilities
- people in group residential settings

People who are more at risk of serious illness if they get the virus are:

- people with compromised immune systems (eg. cancer)
- elderly people

- Aboriginal and Torres Strait Islander people as they have higher rates of chronic illness
- people with chronic medical conditions
- people in group residential settings
- very young children and babies\*

\*At this stage the risk to children and babies, and the role children play in the transmission of COVID-19, is not clear. However, there has so far been a low rate of confirmed COVID-19 cases among children, relative to the broader population.

## How is the virus treated?

There is no specific treatment for coronaviruses. Antibiotics are not effective against viruses. Most of the symptoms can be treated with supportive medical care.

## Can I visit family and friends in aged care facilities?

The outbreak of any virus in aged care facilities can cause significant problems. For more information, visit [this page](#) on the Health website.

## What are the limits on public gatherings?

Find out what limits apply to public gatherings to help stop the spread of COVID-19 by visiting [this page](#) on the Department of Health website.

## What about public transport like planes, buses, trains, ride shares and taxis?

Non-essential travel is to be avoided.

The Government recommends that employers offer flexible working arrangements to minimise the number of people catching public transport at any one time. Long distance services carry a higher risk of infection and should be reconsidered at this time.

If possible sit in the back seat of taxis and ride share vehicles.

Group transport of at-risk people, including older people should be avoided where possible.

## What about working from home?

All Australians are required to stay at home unless it is absolutely necessary to go outside.

Australians are encouraged to work from home where they can.

If you are sick, you must not attend your workplace. You must stay at home and away from others.

## Should I be taking my kids out of childcare or school?

It is safe to send your child to school or childcare.

The Government recommends continuing essential daily activities including school and childcare. If your child is unwell, you should keep them home to avoid spreading their germs to others.

So far, information from around the world indicates that children who develop COVID-19 have very mild symptoms and very little transmission appears to occur between children.

Schools should ensure their hygiene practices are appropriate and that children are educated about and encouraged to practice social distancing wherever possible.

## Should I wear a face mask?

You do not need to wear a mask if you are healthy. For more information on the use of surgical masks, visit [this page](#) on the Health website.

## More information

For the latest advice, information and resources, go to [www.health.gov.au](http://www.health.gov.au)

Call the National Coronavirus Help Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of your state or territory public health agency is available at [www.health.gov.au/state-territory-contacts](http://www.health.gov.au/state-territory-contacts)

If you have concerns about your health, speak to your doctor.