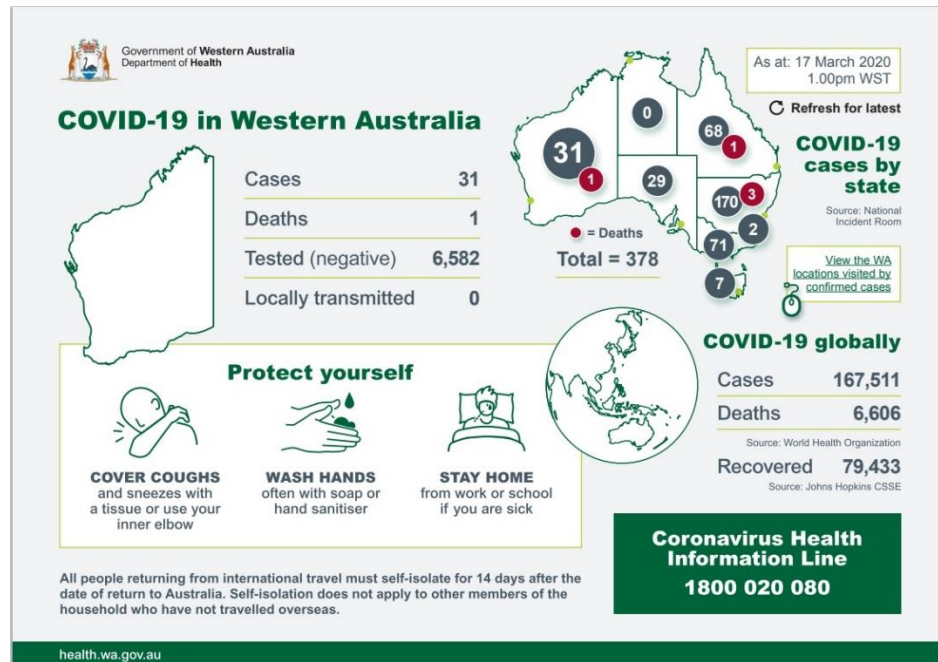


17<sup>th</sup> March 2020

## Recent Correspondence COVID-19 (Issue No. 2)

### ❖ Latest Updates from Australian Government (as of 17<sup>th</sup> March 2020):



- All people who arrive in Australia from midnight 15th 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.  
[https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-isolation-guidance\\_2.pdf](https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-isolation-guidance_2.pdf)
- A national campaign has launched to inform all Australians about the coronavirus (COVID-19).  
<https://www.health.gov.au/news/launch-of-the-coronavirus-covid-19-campaign>

### ❖ What CAC is doing:

- At present, no CAC employee, volunteers or consumers have been confirmed to have COVID-19,
- Response Team has been established and can be contacted via [COVID19-Response@chungwahcac.org.au](mailto:COVID19-Response@chungwahcac.org.au)

- Updated Correspondence will be sent twice a week to keep you updated with the latest news in relation to COVID-19.
- While CAC understands the significant impacts of COVID-19 and the urgent concerns raised due to the rapid increase of COVID-19 cases in Australia, we also place a great importance in supporting our vulnerable clients who are in need of assistance to live independently, and ensuring they are well looked after during the pandemic. CAC is confident that we are taking well preventable measures that are aligned with government guidelines to ensure our services are delivered safely and virus-free.

### ❖ **How you can help to prevent the spread of coronavirus:**

- Practising good hand and sneeze/cough hygiene is the best defence against most viruses:
  - 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.
- Educate yourself and your loved ones about COVID-19 from reliable sources (e.g. Dept of Health, ABC News, etc.).
- Remain calm and continue your daily activities as usual while practicing good hygiene and social distance. We are all in this together!