

27<sup>th</sup> March 2020

## Chung Wah CAC's Correspondence COVID-19 Update (Issue No. 5)

### ❖ Latest Updates from Australian Government (as of 26<sup>th</sup> March 2020):

#### COVID-19 statistics

As of 4.00pm, 26 March 2020

There have been 26 new cases reported in WA in the last 24 hours

#### COVID-19 in Western Australia

Cases	Total
Tested (negative)	11,288
Cases (positive)	231
Recovered	23
Deaths	2
Unknown source	3

#### COVID-19 in Australia

State	Cases	Deaths
Western Australia	231	2
South Australia	197	0
Tasmania	34	0
Victoria	466	0
Australian Capital Territory	44	0
New South Wales	1,029	6
Queensland	443	1
Northern territory	5	0
<b>Total</b>	<b>2,449</b>	<b>9</b>

## COVID-19 globally

Cases	Total
Cases (positive)*	414,179
Deaths*	18,440
Recovered*	114,012

\*Source: World Health Organization  
\*Source: Johns Hopkins CSSE

Last reviewed: 26-03-2020

- Since 24 March 2020, the Prime Minister, the Hon. Scott Morrison MP, announced further measures to protect Australians from coronavirus (COVID-19). These include:
  - Ban Australians travelling overseas.
  - Restriction of 30-minute appointment for hairdressing service has been lifted.
  - Further clarifications of current measures (<https://www.pm.gov.au/media/update-coronavirus-measures-24-March-2020>)
  - Weddings with a maximum attendance of no more than 5 people.
  - Funerals attended by a maximum of no more than 10 people.
  - Temporary suspension of all non-urgent (Some Category 2 and 3) elective surgery to help preserve face masks and other vital personal protective equipment, increase hospital capacity and will better protect health staff from infection when testing or treating confirmed cases.
- On 25 March 2020, McGowan Government issued below changes:
  - Temporary liquor restrictions for all Western Australians.
  - Two additional COVID-19 clinics opening on 26 March 2020
  - From the end of Friday 3 April 202, formal classes will officially end, one week early for WA public schools.
- Coles and Woolworths supermarkets are introducing priority service for online shopping for vulnerable customers, including seniors, people with a disability and those in mandatory isolation

### ❖ What CAC is doing:

- CAC staff continue to practice social distancing as part of our preventative measures while attending training and preparing for upcoming services.



- CAC has been planning for alternative services to cater for our senior's needs during the pandemic. We would like to introduce these new services below:
  - **Food/Grocery shopping delivery:** You can let us know what you would like to purchase at the shops/restaurants and our support workers will purchase and deliver them to you. In line with the Government's advice, we would like to encourage everyone to stay home as much as possible. Thus, this service is open to not only our seniors but also to all community members. Should you have your family members would like to utilise our delivery services, please contact our office.
  - **In-home respite (or 1:1 home visit):** Our support worker will visit you for 2 hours to keep you company. They can play board games (mah-jong, chess, etc), exercise, cook, do arts & crafts with you. They can take you to a nearby park for a breath of fresh air if needed.
  - **Wellness at home (Evergreen College):** CAC will upload weekly videos to our Youtube channel, Chung Wah Community and Aged Care, for our seniors as a way of bringing centre atmosphere

to them. Our videos will include a variety of content including community news, light exercise, cooking demonstration, etc. To keep our clients entertained while staying safe at home.

- **CAC Care Line Support:** CAC staff will call individual seniors on a regular basis to keep in touch and reduce the risk of isolation during the COVID-19 pandemic. While we suggest our elderly not to go outside unless need to, we want to keep them updated with what is happening so that they do not feel left out or lonely.

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

- Go about your business as usual, remain calm and use common sense.
- Protect yourself through quality personal hygiene like you would in the winter flu season – this includes covering coughs and sneezes, washing hands often with soap or sanitiser and staying away from work or school if you are unwell.
- Continue to follow the advice of health authorities - anyone instructed to self-isolate by a doctor or medical professional must take the request seriously, stay home and not put others at risk.
- Know the facts by sourcing accurate information, from credible sources such as the Department of Health.

## ❖ Frequent Asked Questions:

1. What are the symptoms of COVID-19 and how does it spread?

- The most common symptoms of COVID-19 are:
  - + Fever,
  - + Flu-like symptoms such as coughing, sore throat and fatigue
  - + Shortness of breath.
- COVID-19 spreads from person to person through droplet transmission:
  - + Droplets are small pieces of saliva, which are produced when a person coughs or sneezes
  - + Droplets usually travel no further than one metre through the air. Droplets cannot go through skin can only lead to infection if you have close contact with an infected person who coughs/sneezes, or you touch a contaminated object (e.g. door handle) and touch your mouth, nose, eyes.

2. Will wearing mask help to stop the virus?

The Department of Health has stated that the use of face masks in the community are only helpful in preventing people who is COVID-19 positive from spreading it to others. If you are

well, you do not need to wear a surgical mask as there is little evidence supporting the widespread use of surgical masks in healthy people to prevent transmission in public.

3. What is the best way to prevent the spread of COVID-19?

- Regularly wash your hands
- Use respiratory etiquette to catch your cough or sneeze with a tissue or in the bend of elbow.
- Maintain social distancing

4. What will happen to my services if the Government imposes a lockdown?

We expect that the majority of home care services will be deemed essential services and will continue despite a lockdown.

**Everyone plays a part, we are all in this together!**