

Information about COVID-19

Maitland Community Care Services (MCCS) is committed to safeguarding the health and wellbeing of clients and staff.

What is MCCS doing to help protect you?

- Monitoring the situation daily and taking advice from the Australian Government's Department of Health and other government agencies as the situation changes;
- Providing additional training to staff on *How to protect yourself and the people you are caring for from infection with COVID-19*;
- Screening staff to make sure they are well, have not been overseas in the past 14 days and have not been in contact with anyone else who could have or is unwell with COVID-19;
- Telling staff to stay at home when sick.

MCCS staff practice standard infection control precautions and social distancing:

- Regularly washing hands with soap and water;
- Using alcohol-based hand sanitisers;
- Practicing good sneeze/cough hygiene etiquette;
- Cleaning high touch surfaces regularly (e.g. car interiors);
- Promoting strictest hygiene when preparing food;
- Staff avoid close contact with others, remaining 1.5 metres away;
- Stop handshaking as a greeting.

What can you do to protect yourself?

Wash your hands regularly using soap and water
Hand washing kills viruses that may be on our hands.

Avoid touching your face

Your hands could transfer the virus to your eyes, mouth or nose.

Cover your mouth and nose when you cough or sneeze

- Droplets from coughing and sneezing can spread the virus;
- Use a tissue, then put it in the bin and then wash your hands;
- Use your bent elbow if a tissue is not available.

Regularly clean your environment

Droplets from an infected person can fall on a surface and be transferred to your hands if you touch the surface.

Food safety

- The virus is not spread by food;
- However, you should wash your hands and clean surfaces before food preparation.

What if you develop flu symptoms such as fever, cough, fatigue, shortness of breath?

- Seek medical advice - contact your GP or the **National Coronavirus Hotline** on 1800 020 080 (24 hours 7 days), or contact **Health Direct** on 1800 022 222 (24 hours 7 days);
- If you have **serious symptoms** such as difficulty breathing, call **000** for urgent medical help;
- Advise MCCS if you are sick before your next service – please call us on 4932 5755 and we will reschedule your service.
- Visit <https://www.mccs.org.au/important-message-regarding-coronavirus-covid-19/> to keep up-to-date.