Communicating with your team during Covid-19

When balancing the risks of non family members coming into the homes and benefits of working with your team safety for everyone is critical. We've created a simple plan to help you maintain safe practises.

Safety at home.

Do you have PPE accessible. Do you require people to wear masks.

Top Tip you can now use your NDIS funding to cover PPE

COVID-19 Infection Control training.

Free training can be accessed
here

Stay Up to Date

Use goverrnment health websites like NSW Health to keep informed for recent developments.

Need Mental Health support

If you need help at any time reach out to your team, mental health professionals or resources like Lifeline on 13 11 14 for help.

Pre booking check in

Before each booking check with your support professionals. Update them if you are experiencing any COVID symptoms.

Keep Communication Open

Use your in platform messaging to keep your team updated or to check in with your clients.

Keeping in touch with your network can help curb social isolation. Quality over quantity is important.

Pre booking COVID check In

Check with your local health authority; below is a guide you can add to
- Have you had contact with a confirmed COVID-19 Infected person?
- Have you had contact with a person who is self isolating in the past 14 days?
- Have you been to a confirmed COVID-19 hotspot in the past 14 days?
- Have you returned from Victoria in the past 14 days?
- Have you experienced a loss of sense of smell, sore throat, headache, fever, cough, tightening of the chest or shortness of breath in the last 2 – 3 days?

Procedures for Self-Quarantine under Covid-19

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.
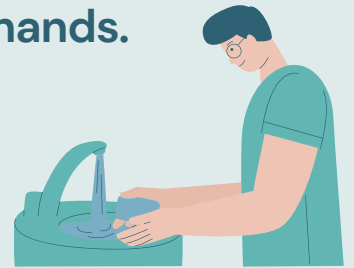
Stay at home.

Limit all your non-essential travels.

Unless you're going out for food, medicines or other essentials.

Check your temperature.

Check your temperature at least two times a day.

Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.

Practice social distancing.

If you need to go out, maintain at least 2 meters (6 feet) distance from others.

Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.
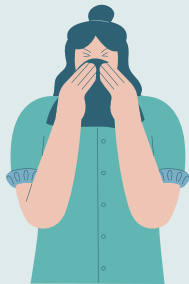
Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

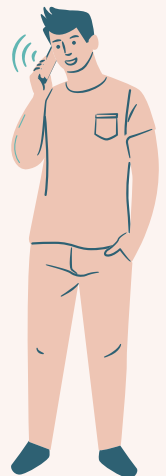*If possible, have a designated toilet and bathroom as well.*

Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.