

Preparing for Coronavirus (COVID-19)

Patient Information as of 1/4/2020

Remember Australia is well prepared for this virus and most people (80%) have a mild illness, however if you prepare now you will be doing what you can to be ready for this virus. Follow advice of Commonwealth and Qld Government and social distance now as much as possible.

Our Emergency Response Planning for the practice is in place and we are ensuring rooms are cleaned frequently, we have implemented social distancing and telehealth where appropriate. Anyone with cold/flu like symptoms is asked to wait outside and we ask for limited people to be in the medical centre. Eg Just the patient, or a child and one carer/parent no additional people. Shop for your elderly family and neighbours so they can stay home/ use home delivery

1. Avoid the spread of infection by regularly washing hands. Good frequent hand washing or 20 seconds with antibacterial soap or if unavailable hand sanitisers. After handling things other people have touched, wash your hand, use anti-bacterial sanitiser OR avoid touching your face until you do. Eg handles, trolley, stair rails and so
2. Cough etiquette; avoid coughing on someone, use a surgical mask, cough or sneeze into elbow if you do not have a tissue, wash hands and arms after immediately
3. Consider using wipes on shopping trolley handles/ papertowel with disinfectant. fuel bowsers etc and when out and about and avoid touching your eyes/mouth with unwashed hands. Do not handshake or hug. Stay 2m away from everyone. **Stay home as much as possible, now is time to social distance.** Phone relatives and neighbours.
4. Stay home if unwell and stay away from public places. Use a mask if you must go out or a tissue over face if none.
5. If mildly unwell rest, have fluids, stay home and use paracetamol (only if required). Avoid nurofen and anti-inflammatories if possible, also you can phone for telehealth if req from your GP.
6. Telehealth Phone advice from your Doctor is available Medicare rebate for all patients now available. Book online or call reception to arrange. Remain at home in isolation until we can call you back
7. If feeling worse after hours - ring 13HEALTH (1343 2584) free advice or national covid line [1800 020 080](tel:1800020080)
8. If very unwell (cough ++, shortness of breath, high fevers, dizziness, unable to eat or drink for extended time periods) go to GCUH ED but talk to GP first. Fever clinics for testing are running at Robina precinct check criteria here: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19#testing>
9. Consider updating your Advanced Care Plan.
10. Keep your medications up to date and have a spare supply of at least 2 weeks available in case you are unable to get into the pharmacy OR you are unwell OR there are medication supply issues. Have 1 spare Ventolin puffers if you are an asthmatic / COPD patient. Do not stockpile. Update asthma and COPD action plans with your GP
11. Purchase a small supply of 2-3 surgical masks if you can, to have at home for sick visitors or if you become unwell. (If hard to come by check any garden or hardware kits you may have at home)
12. Purchase 2 weeks of spare food and toiletries and cleaning agents in case you are unwell or there are supply issues. Think about elderly relatives needs and have spare pet food.
13. Have an influenza immunization at this practice private stock now are available and update other necessary immunisations like pneumonia vaccinations if indicated which only your GP can give.

Additional resources and information use reputable sites as below (not FB!)

www.healthygc.com.au : PHN local info on coronavirus and fever clinics on the Gold coast , [Australian Government Department of Health website and alerts](https://www.health.gov.au) , [Australian Government Department of Health clinician resources](https://www.health.gov.au) , [Queensland Health Website](https://www.health.gov.au) , [RACGP Website](https://www.racgp.org.au)