



25th March, 2020

What is New?

Last evening further closures were announced and will be introduced from 12 midnight 25 March 2020 (a full list is provided below). The decisions made are based on science and data that our many expert and highly skilled health and science people are providing to Government.

These decisions are made from a stance of care for all Australians. Restrictions applied are about protecting all of us and we hope reducing the risk of catching COVID-19.

The overall message is to:

1. LIMIT CONTACT WITH OTHERS
2. PRACTICE SOCIAL DISTANCING
3. STAY HOME &
4. STAY SAFE

Current Statistics: Australia has recorded more than 2000 cases of coronavirus with eight deaths. Globally, there are more than 350,000 infections with more than 15,000 deaths.

There are currently instances of positive COVID-19 cases within aged care homes in Sydney; COVID-19 can only enter our aged care precincts through transmission from outside, so I implore you all to respect and adhere to the restrictions implemented. Albeit implemented by us these restrictions are a direction from the Australian Government.

What activities are banned?

- Beauty therapy, tanning, waxing, nail salons and tattoo parlours
- Amusement parks and arcades
- Indoor and outdoor play centres
- Hairdressers will be subject to distancing rules with 30 minute max appointments

- Community and recreation centres, health clubs, fitness centres, yoga, barre, spin facilities, saunas, wellness centres, boot camps
- Libraries
- Brothels, massage parlours and sex on premises services
- Personal training is limited to a maximum of 10 people
- Social, sporting-based activities, swimming pools
- Birthday parties and house parties
- International travel
- Weddings are limited to 5 people and funerals can go ahead with no more than 10 people with social distancing observed.
- Galleries, museums, national institutions, historic sites, libraries, community centres, non-essential facilities, community facilities such as halls and PCYCs
- Food courts in shopping centres will close but takeaway can continue
- Auction houses and open inspections
- Hotels, hostels, bed and breakfasts, campsites, caravan parks, and boarding houses will be a decision for each state and territory
- Outdoor and indoor markets will be addressed specifically in individual states and territories
- Cafes limited to takeaway, as announced on Sunday
- Cinemas, nightclubs, casinos, gambling venues, adult entertainment venues, concert venues, stadiums as previously announced.

What we can do for you?

1. **Meals:** we are aware that people living in Carabella Tower and Camaraigal House have needs to reach out into the community for their essential food and pharmacy items. As a means of assisting we are offering the following options for people living in the Retirement Village:
 - ✓ **Meals from the Kitchen:** you can purchase meals from the kitchen which will be delivered to your apartment.
 - ✓ **Shopping Box:** we have negotiated with our suppliers and we are putting together a range of grocery items which you can purchase; deliveries to you apartment will be made Tuesday and Thursday Weekly. We will provide greater details and a shopping list this week and will commence the service from Next week.
 - ✓ **External or Online Shopping Assistance:** should you wish we can organise for staff to complete shopping for you or assist you with making an online order.

2. **Appointments:** we are continuing to provide transport support to assist you attend external medical appointments and access the chemist alternatively you can access our pharmacy for the duration of this event – please see Lyn for an application.
3. **Domestic Assistance:** we are able to assist with you housework needs so please see Lyn or Sona who will assist you to access this service.
4. **Bed Linen Changes (through Crows Nest Centre):** for those of you who use this service, we have spoken to the facility and have put the following in place;
 - ✓ A JMV staff member will come and strip the bed for you and take all linen to reception ready for collection.
 - ✓ Crows Nest Centre will deliver fresh linen to reception.
 - ✓ A JMV staff member will then return to your apartment and remake the bed later in the day.

Tower Residents please note that as of today, the rear access on Level 2 Carabella House has been locked. Should you have any items that need to be taken to the garbage area, your only access is through the reception front doors.

Note: The attached graphic will give you an explanation into the importance of social distancing. The Management and Staff at JMV ask that you read and understand this. Please practice good hygiene at all times and if you don't need to go out, we ask that you please stay home.

If you have any questions relating to the above or any other issues that are concerning you, please feel free to contact Lyn for assistance.

Why social distancing matters

Social distancing of 1.5 metres decreases the exposure of coronavirus (COVID-19).

Now



1 Person



5 Days



2.5 People infected

30 Days



406 People infected

50% less exposure



1 Person



5 Days



1.25 People infected

30 Days



15 People infected

75% less exposure



1 Person



5 Days



.625 People infected

30 Days



2.5 People infected



Australian Government