



28th July, 2020

Dear Resident, Family and Friends

COVID-19 UPDATE

I fear that the next few weeks will see me writing to you almost daily as stated in yesterday's update NSW is currently on the precipice of a further outbreak. We publish a list of known "Hot Spots" daily and display it in lifts and at reception; please be aware that we will not be allowing anyone to enter James Milson Village if they have been at a known "hot spot" site.

While this may seem harsh the only measures that we all have at present to minimise the spread of COVID-19 are the Public Health measures recommended and implemented (Social Distancing; Hand Hygiene and Staying Home unless attending appointments, work or exercise).

Asking that you do not visit JMV if you have been to a known "Hot Spot" is a first line defence response that provides us with a little more confidence in our protective measures implemented and our COVIDSafe Plan.

The current situation in Victoria and NSW has been directly connected to people not always following health directives as outlined above and also not following the required directives after contact or being in a "Hot Spot". The rules are as follows:

- Self-Isolation (14 days from date/time visited)
- Get Tested even if you do not have symptoms
- Monitor for Signs and Symptoms and get tested; symptoms include:
 - ✓ Fever,
 - ✓ Sore Throat,
 - ✓ Cough,
 - ✓ Runny Nose,
 - ✓ Loss of smell or taste,
 - ✓ Tiredness
 - ✓ Diarrhoea
 - ✓ Skin Rash or discolouration of fingers and toes
 - ✓ Shortness of breath

Even if you get a negative test, you must stay in isolation for the full 14 days. On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Poor decisions made at the time of learning that we have been subject to a contact or possible contact can result in tragic consequences for our elderly people at James Milson Village and within our community.

The lessons learned from the current outbreaks in Victoria and NSW is really quite a simple one; we all need to be mindful of where we go and who we have contact with; we all need to practice social distancing – wear a mask if this cannot be guaranteed and practice correct hand hygiene.

We all have a role to play and we all have the ability to manage this and prevent unnecessary spread within our communities.



Wearing a mask:

Wearing a mask reduces the range of droplet spread and therefore has the ability to reduce the spread of COVID-19.

It is recommended that you wear a mask when you are not able to maintain Social Distancing.

Vaccine Development: On a brighter note the international work to develop a vaccine continues and trials are at varying stages; currently the consensus appears to be that a vaccine will be available in early 2021:

Australia: There are three (3) trials occurring; all are phase 2 or safety trials. Two are testing on humans while one remains in the animal testing phase. The Adelaide-based company Vaxine says it could have a COVID-19 vaccine ready as soon as early 2021, providing all goes well with its human trial phase, which began earlier this month.

USA: A Phase 3 efficacy testing has commenced; the testing is designed to see if the vaccine actually prevents disease. Up to 30,000 volunteers will be assigned to one of two groups. One group will receive two injections spaced approximately 28 days apart of mRNA-1273, as the vaccine is known. The other group will receive an injection containing only salt water. Neither the volunteer nor the person administering the injection will know what is in the syringe in order to avoid bias in favour of one outcome or another. Of course, people running the trial will know who is getting what.

Researchers will monitor both groups to see who, if anyone, gets sick. Organizers of the trial say there will have to only be approximately 150 cases of COVID-19 among study participants to say with confidence that the vaccine is actually preventing disease. How long it takes to reach that number, and how many participants will have to be enrolled in the study, is an open question. It depends in part on how much the virus is circulating in the communities where the trial takes place. It could take as many as 30,000 volunteers to get the answer, and the entire process will probably take months.

Independent Living Residents (Camaraigal House and Carabella Tower)

Please note that ALL visitors to James Milson Village are required to sign in and complete the COVID-19 questionnaire. We ask that you direct all your visitors to reception to complete this requirement prior to allowing them access to your apartment.

During this period, it is important that you inform reception of any visitors that are staying in your apartment overnight.

We remind you that currently no children under the age of 16 are permitted to visit the village.

As always please take care, stay safe and do your bit to prevent the spread of COVID-19.

Jennifer