

United Protestant Association of NSW Limited



United in Christian Care

21st May 2020

Coronavirus COVID-19 – Retirement Village Residents

Thank you for your understanding and cooperation in minimising the spread of Covid-19 over the past two months. It's good to be here at this point in one piece!

Several restrictions were lifted by the NSW Government on Friday 15th May that have allowed some changes to be made within Retirement Villages.

The NSW Government has information on the web that may assist you understanding these changes <https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules>

For those without access to the internet, here are the key points.

Stay safe

As our community becomes more active and gets back to business, it's important that we follow the rules for gatherings that apply to individuals and businesses that include:

- Maintain a physical distance of at least 1.5 metres from others.
- Practice good hand hygiene.
- Stay active and healthy.
- Take extra care if you're around vulnerable people.
- Get tested if you have any symptoms, even if they are only mild.
- Stay home until you get the test result or are medically cleared.

Visiting family and friends

- Up to five visitors may visit another household at any one time.
- There is no daily limit to visitors to your home, so long as you don't have more than five visitors at any one time.
- If you are over 70 or have a pre-existing medical condition, you should limit the number of visitors and take care at all times.
- You can have guests from any household so long as it does not exceed five visitors in total.
- An overnight stay as part of a visit to someone's house is allowed.

Cafes and Restaurants

- Up to 10 people allowed at any one time with the recommendation that bookings be made to avoid waiting outside.

Religious Services

- Up to 10 worshippers at any one time with physical distancing required.

Hairdressing

- The 4 square metre rule for each person applies.
- Please check with your local village to see when on-site hairdressing will return.

Community Centres

- Whilst outdoor public gatherings of up to 10 people can now occur, community centres have been instructed to remain closed. We will watch for changes and advise once this rule changes.
- There may be some circumstances where a small gathering of up to five people might occur in your centre. It is best to get in touch with your local village coordinator or manager to discuss any plans you might have.
- We are keen to see things return to normal, but equally mindful of the hygiene and cleaning required and to adhere to the restrictions of 1.5 metre physical distancing.

Things are certainly moving in the right direction and we hope that as the number of new Covid-19 cases continues to decline we will see more restrictions lifted in the future.

However, we remain diligent and careful in the way we move forward and remind you to:

- Wash your hands frequently for 20 seconds and especially after touching surfaces that are in public spaces. Use hand sanitizer if washing is not possible.
- Be mindful not to touch your face if your hands are not clean.
- Cough etiquette is important – use a tissue and then discard it, or cough into the bend of your elbow.
- Physical distancing is required – stay 1.5 metres apart. One day we will get back to being able to give a hug or a kiss or a handshake, but not anytime soon.
- Stay at home if you are unwell in any way and if you have any respiratory symptoms, ring up and book yourself in for a Covid-19 test. Stay at home whilst you wait for the results.

Thank you again for all you are doing to help contain the spread of Covid-19. If we can help you in any way don't hesitate to call.

We have remained safe so far and our plan is to stay that way.

Yours sincerely

Steve Walkerden
General Manager