



30 December 2020

Dear Residents and Relatives,

COVID-19 Update #19

In response to the increase in COVID-19 confirmed cases in the Greater Sydney, in particular new cases in the inner West including Croydon suburb, NSW Health has issued further restrictions on visiting access for aged care facilities.

For more detailed information regarding the latest updates, please refer to <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/racf-latest-advice.aspx>

Key points of the latest updates that are relevant to ANHF facilities

- Until further notice all staff and visitors must wear a surgical mask whilst in a residential aged care facility. This measure will be enforced in all ANHF facilities.
- **Until at least 11.59pm on Wednesday 6 January 2021:**
 - All residential aged care facilities in the Greater Sydney¹ area (including the Blue Mountains, Central Coast and Wollongong City Council) **must exclude** visitors, except those performing essential caring functions.
 - No visitors from Greater Sydney are permitted to visit residents in regional aged care facilities. There are no restrictions on people from regional NSW visiting residents in regional facilities.
- Staff and Visitors will be excluded from entering ANHF facilities who:
 - have been in any of the locations:

¹ Greater Sydney (including the Blue Mountains), Central Coast and Wollongong: <https://www.nsw.gov.au/media-releases/new-covid-19-restrictions-for-greater-sydney>

- on the self-isolate and get tested immediately list², at the times and dates listed
 - on the monitor for symptoms list³, at the times and dates listed except where noted otherwise
 - have a fever (37. 5°C or higher) or symptoms of COVID-19 such as a runny nose, acute blocked nose, cough, sore or scratchy throat, fever, loss of smell or taste, or shortness of breath. Must be isolated at home and seek COVID-19 testing even if symptoms are mild;
 - are a close contact of a person with confirmed COVID-19 and are within their self-isolation period;
 - live in a household with a person who is identified as a close contact of a person with confirmed COVID-19.
- **Exceptional circumstances:** In exceptional circumstances, it may be possible for exempt visitors to be allowed entry into the facility on compassionate grounds (e.g. imminent death of a loved one), or for essential care purposes. These include:
 - People visiting their loved ones who are receiving end-of-life care, or for visiting a resident with a serious mental illness (including advanced dementia), where the resident requires a trusted carer to support and maintain social and emotional wellbeing;
 - Person(s) who have frequently and regularly visited a resident to provide aspects of care and companionship to the resident;
 - Our Facility Manager has discretion to allow for visits on compassionate grounds or for essential care purposes. In all cases, a risk assessment will be conducted in conjunction with the relevant public health unit guidelines. Any visit that is permitted is subject to risk mitigation measures, keeping visitors and visiting time to a minimum.

² Regularly visit the [NSW COVID-19 website](https://www.nsw.gov.au/covid-19/latest-news-and-updates#self-isolate-and-get-tested-immediately-if-youve-been-to-these-locations) on areas of active community transmission.

<https://www.nsw.gov.au/covid-19/latest-news-and-updates#self-isolate-and-get-tested-immediately-if-youve-been-to-these-locations>

³ <https://www.nsw.gov.au/covid-19/latest-news-and-updates#monitor-for-symptoms-if-youve-been-to-these-locations>

- **New permanent or respite residents, and returning residents discharged from hospital:**
 - ANHF facilities will conduct screening and risk assessment of new and returning residents for COVID-19 according to the directives from Public Health. These residents may be required to be isolated and undergo COVID-19 test.

- **Community activities and outings - Individual and group excursions**
 - Until at least 11.59pm on Wednesday 6th January 2021, residents from residential aged care facilities in Greater Sydney **would not be allowed** to leave the facility to attend family gatherings and group excursions unless the visit is essential (such as a medical appointment).
 - If a resident makes a decision to leave the facility to attend a family gathering or excursion, from a risk perspective our facility will advise a resident that they **will be required to go into 14-day self-isolation and undergo COVID-19 test upon return.**

Please do not hesitate to contact our Facility Managers or their delegates if you have any questions.

For the latest COVID-19 hot spots or area of concern, please see updated list of venues and dates at <https://www.nsw.gov.au/covid-19/latest-news-and-updates>

It is important to regularly check the website, as this list may expand.

We sincerely thank you for your understanding and support and wish you a safe and healthy New Year.

Yours sincerely



Jenny Chua
General Manager, Residential Care