



ANHF

AUSTRALIAN NURSING HOME FOUNDATION

澳華療養院基金

Culturally Appropriate Aged Care Since 1980

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Dear Residents and Relatives,

COVID-19 Update #20

Today NSW Health has issued updates regarding their COVID-19 prevention measures to residential 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 continue to be enforced in all ANHF facilities.
- Until further notice, residents may have a maximum of two visitors each day. They may have different visitors each day provided these visitors are not from the [Northern Area of the Northern Beaches](#)¹, [City of Wollongong](#)², [Cumberland City Council](#)³ or the [Canterbury Ward](#)⁴ of Canterbury Bankstown Council.
- Staff and Visitors will be excluded from entering ANHF facilities who:
 - live in a household with a person who is currently self-isolating;
 - have been to any of the [latest COVID-19 locations](#)⁵ in NSW at the times and dates listed, excluding the [monitor for symptoms list](#)⁶
 - 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. These

¹ <https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/northern-beaches#map-of-northern-beaches-areas>

² https://wollongong.nsw.gov.au/my-community/news-and-alerts/coronavirus-updates/_nocache

³ <https://www.cumberland.nsw.gov.au/about-your-local-ward>

⁴ <https://www.cbccity.nsw.gov.au/council/about-us/wards-suburbs>

⁵ <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/case-locations-and-alerts.aspx>

⁶ <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/case-locations-and-alerts.aspx#monitor>

people 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;
- Until further notice all residential aged care facilities located in [Northern Area of the Northern Beaches](#), [City of Wollongong](#), [Cumberland City Council](#) or the [Canterbury Ward](#) of Canterbury Bankstown Council must exclude all visitors except in exceptional circumstance. **(NOTE: This restriction applies to ANHF's Chow Cho Poon Nursing Home because it is located in the Canterbury Ward of Canterbury Bankstown Council.** This restriction does not apply to Bernard Chan Nursing Home or Lucy Chieng Aged Care Centre).
- **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. Added precautions, including being escorted directly to and from the designated visiting area, and remaining within the area during the visit, would be in place. Any visit that is permitted is subject to risk mitigation measures, keeping visitors and visiting time to a minimum. Visitors and staff with symptoms, or who have been identified as close contacts of someone with COVID-19, would not be exempted in all circumstance.
- **New permanent or respite residents, and returning residents discharged from hospital:**
 - ANHF facilities will conduct own screening and risk assessment of new and returning residents for COVID-19. Depending on the risk assessment, we may implement additional infection

prevention and control measures on admission. Isolation and testing for COVID-19 may be required.

- Admission of new residents from the community, either permanent or respite, will be accepted if the person has not been to any areas where testing or monitoring of symptoms is advised, has had no contact with anyone with confirmed, suspected or probable COVID-19, is not awaiting a COVID-19 test result, and does not have any symptoms of COVID-19. COVID-19 testing is not mandatory for new or returning residents but the decision must be based on risk assessment.
- When a resident has been admitted to hospital and is ready for discharge back to the residential aged care facility, the hospital treating team will medically screen and risk assess the resident for COVID-19 prior to discharge. Our facility would undertake our own screening process when the resident is returned. Local Health District aged care outreach teams / specialised staff would be engaged to assist with discharge planning if required.
- **Community activities and outings - Individual and group excursions**
 - Until further notice all residential aged care facilities in the [Northern Area of the Northern Beaches](#), [City of Wollongong](#), [Cumberland City Council](#) or the [Canterbury Ward](#) of Canterbury Bankstown Council **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). (NOTE: This restriction applies to Chow Cho Poon Nursing Home).
 - Residents of facilities located outside of these areas are able to leave the facility to attend family gatherings of fewer than 5 people, if there will be no persons at the event that during the last 14 days have been:
 - residents of [Northern Area of the Northern Beaches](#), [City of Wollongong](#), [Cumberland City Council](#) or the [Canterbury Ward](#) of Canterbury Bankstown Council;
 - a close contact of a person confirmed with COVID-19 and are within their self-isolation period;
 - have been to any of the [latest COVID-19 locations](#) in NSW at the times and dates listed, excluding the [monitor for symptoms list](#);
 - living in a household with a person who is a close contact or otherwise currently self-isolating.

- If a resident from Bernard Chan Nursing Home or Lucy Chieng Aged Care Centre is considering of leaving 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 discuss with the your Facility Manager and complete a risk assessment.**

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 appreciate your understanding that we may have to amend our measures timely in response to the urgent directive from the NSW Health. We will use other means such as telephone call to contact you, in additional to email at times of urgency.

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

We thank you again for your patience, support and understanding.

Yours sincerely



Jenny Chua
General Manager, Residential Care