KythCare Kytherian Aged Care Services Limited
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Coronavirus (COVID-19) Impact, Information and Protection

Coronavirus

Coronaviruses are a type of virus that can affect humans and animals. Some coronaviruses cause illness similar to the common cold while other coronaviruses cause more serious illness, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

COVID-19 was first reported in Wuhan City in China in December 2019. Cases have now been confirmed in multiple countries around the world. While there is still much to be learned about infection with COVID-19, it appears that the illness is much less severe than SARS or MERS, and some people with the infection may have only a mild illness. The most vulnerable groups, being the elderly, those with chronic conditions and Indigenous communities. These may be more severely affected and in the most severe of cases lead to death.

The World Health Organization (WHO) has announced that COVID-19 is a pandemic.

- WHO outlined that in the past two weeks, the number of cases of COVID-19 outside China has increased 13-fold, and the number of affected countries has tripled.
- In the days and weeks ahead, WHO expect to see the number of cases, the number of deaths, and the number of affected countries climb even higher.

How it spreads

There is evidence that the virus spreads from person-to-person.
The virus is most likely spread through:

- close contact with an infectious person
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face

As a result many organisations as Governments have taken steps to minimise the risk of spreading the virus and have taken drastic measures such as limiting travel, cancelling events requiring the gathering of people etc.

Protect yourself

The best way to protect yourself from COVID-19 is the same way you would protect yourself from catching flu or other respiratory illness:

- clean your hands for at least 20 seconds with soap and water, or use an alcohol-based sanitiser with at least 60% alcohol.
- cover your sneeze or cough with your elbow or with tissue.
- avoid close contact with people who are ill
- avoid touching your eyes, nose and mouth
- stay home if you are sick.

Monitor your health closely

If you have been identified to have had contact with someone who is confirmed to have infection with COVID-19 while they were infectious, you should:

- Monitor your health until 14 days after you were last exposed to the infectious person.
- Watch for these signs and symptoms:
- fever
- cough
- shortness of breath
- other early symptoms to watch for are chills, body aches, sore throat, headache and runny nose.

If you develop symptoms

- If you are seriously unwell and it is an emergency, call 000 immediately.
- Keep yourself apart from other people as much as possible (eg in a different room).
- Use a separate bathroom if available
- Wear a surgical mask if you have one.
- Call your GP, or call healthdirect on 1800 022 222, so that a clinician can assess your risk and whether you are likely to require testing for COVID-19.
- If you are likely to require testing the clinician may advise you to present to an emergency department or a clinic where this testing can be arranged.
- Do not travel on public transport, use taxis or ride shares and do not attend any public places.

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REGISTERED CHARITY
acnc.gov.au/charityregister

Postponed KythCare Events

KythCare had arranged for an Information Session to be held on 9 May, 2020 similar to that previously help and focussing on how to stay active and also planning for the future as we age.

We also planned for the holding of the screening of Greek movies.

However, given the increasing and rapid spread of the Coronavirus and the need to minimise the risks to our community we have no option but to postpone such events and gatherings.

We are planning to reschedule these when it is deemed safe to do so which we hope will be later in the year.

Donations – Thank You

We would like to take the opportunity to acknowledge that, as part of the Kytherian Assocation of Australia membership renewal process, KythCare has received $4,415 in donations.
We thank those members who continue to support KythCare.