



5 November 2020

Our Residents and Representatives
Mountain View Aged Care Centre
The Salvation Army Aged Care

RE: VISITING RESTRICTIONS IN THE ACT

Dear All,

Based on a relaxing of COVID-19 restrictions in some States and Territories and the ability for people to travel more easily and widely, we would like to remind you that you should still be mindful of the restrictions in place when visiting an aged care centre in the Australian Capital Territory whether or not you are unwell. As present, according to the current Residential Aged Care Facilities Direction (No 3), the following people will be excluded from aged care centres in the ACT if they:

- Have returned from overseas in the last 14 days;
- Have been in Victoria and, specific local government areas of greater Sydney in the last 14 days; (<https://www.covid19.act.gov.au/community/travel/nsw>);
- Have been in contact with a confirmed case of COVID-19 in the last 14 days;
- Have a temperature higher than 37.5 degrees or history of fever (e.g. night sweats or chills) or symptoms of a respiratory infection such as a cough, sore throat, shortness of breath, loss of smell or loss of taste; or
- Have not had a 2020 influenza (flu) vaccination, unless they have a documented medical contraindication to receiving the vaccination.

If you visit an aged care facility, you need to reduce the risk of transmission by:

- Following the restrictions outlined above - no more than two people can visit a resident at any one time;
- Following any other restrictions the aged care facility puts in place to keep their residents safe including to sign in at the screening points and the use of PPE ("Personal Protective Equipment");
- Keeping your visit in a resident's room, outdoors, or a specific area that the facility has designated for visits. Keep out of communal areas where risk of transmission is greater;
- Practicing physical distancing - maintain a distance of 1.5 metres wherever possible and practice hand and respiratory hygiene;
- Supervise any children with you and make sure they practice physical distancing and hygiene measures.



If visitors are excluded from visiting their loved ones for one of the reasons listed above, please speak to the Centre Manager as other methods of contact such as video links and phone conversations can be arranged. We appreciate your understanding and continued support as we facilitate the safety and wellbeing of our residents.

If you have any questions, please get in touch with your Centre Manager.

Kind regards,

A handwritten signature in black ink that reads "Sfeddema".

Samantha Feddema
General Manager – Residential Services
The Salvation Army Aged Care