



**NEWSLETTERS will be distributed in preparation and following opening of Tasmanian borders– will be fortnightly/monthly depending on changes in Australia / Tasmania.
(Last Newsletter –29 Dec 2021)**

Over the past few days COVID cases have grown dramatically in Tasmania. How to interact, when to get tested and when to isolate have changed, as well as definitions of close contact.

The Government has let us know in Tasmania, we are entering a ‘new phase’ in terms of managing COVID. The Premiers Press Release from 1st January 2022 can be found here: [Premier of Tasmania - Managing COVID as Tasmania enters a new phase](#)

For Tasmanian Government updates please see link:

<https://coronavirus.tas.gov.au/facts/important-community-updates-covid19>

This newsletter will be a Frequently Asked Questions as you are all trying to navigate lots of information, in a quickly changing work environment!

Please note- due to the rapid changes we are all experiencing- some directions/actions given today may quickly change and no longer be relevant tomorrow.

Question: I have a family member who I don't live with, but they are currently in quarantine due to contact with COVID. Can I work?

Answer: Yes you can work. You need to stay away from work if you have been a close contact with a confirmed COVID case, or if you have COVID symptoms.

Question: I have heard/been informed a client had COVID, and I was in their home for a two hour DA visit. I was wearing my mask. What do I do?

Answer: You do NOT meet the criteria for close contact, and you do not need to quarantine or do anything different. HOWEVER- you should monitor for symptoms and if they develop you must contact Public Health to get a COVID test. You should also inform your Manager- if we get more information/need to change advice we will let you know.

- See definition of close contact from Tasmania Public Health here: [Advice for case contacts | Coronavirus disease \(COVID-19\)](#)

Question: A client I am visiting has a family member in the home who are not well. Can I visit?

Answer: Yes, you can complete your visit, however any unwell household members must go to a separate room and not have contact with you. You should wear a mask, and the unwell person should wear a mask. Make sure you practice hand hygiene before and after the visit. Remove and dispose of the mask you used in this home when you leave (hint: it can be placed in general rubbish so you could use the client's general waste bin)



Question: My client has asked me to drive them to a COVID clinic for a booked test, they are not well. Can I do that?

Answer: Yes, you can, as long as both you and the client wear face masks and the client does not fit the higher risk category of having COVID (*see below*). The client should sit in the back seat of the car, and you should give the interior of your car a clean before you have anyone else in the vehicle.

Travelling to your test

It's important to protect others. If you are being tested because you **have symptoms** and there is a higher risk of you having COVID-19, please don't travel to the clinic by bus, taxi or ride-sharing service.

People who have symptoms and are at higher risk of having COVID-19 include:

- people who have had close contact with a confirmed case in the previous 14 days
- people who have travelled outside Tasmania in higher risk areas in the previous 14 days
- health and aged care workers who have symptoms of COVID-19.

If you don't have your own transport, tell your GP or the Public Health Hotline when you make your appointment and ask for help getting to the testing clinic.

If you are being tested because you have symptoms, but are not at higher risk of having COVID-19 (e.g. you visited a [public exposure site](#)), then it's best to travel by private car, but it's okay to travel by public transport (bus, taxis or rideshare etc) if you need to.

When travelling to get tested:

- wear a face mask to protect others
- before leaving home, make sure you and anyone travelling with you wash their hands well, with soap and water (or alcohol-based hand sanitiser if hands are not visibly dirty)
- maintain physical distancing of at least 1.5m between people
- sneeze or cough into your elbow or a tissue and clean your hands after coughing or sneezing
- go straight to the GP or testing clinic – don't stop on the way there or back.

If another person drives you to get tested, please protect them:

- **Minimise the number of people in the car, it is best if it's just the driver and you.**
- **Avoid physical contact with the driver, keep at least 1.5 metres whenever possible.**
- **Sit in the back seat opposite the driver.**
- **Your driver does not need to quarantine with you but should be alert for any cold or flu-like symptoms and isolate themselves and arrange testing straight away if symptoms develop.**

Question: Does South Eastern Community Care have any Rapid Antigen Tests?

Answer: No we do not. These tests are hard to source, and are your responsibility to get/use if required.



Question: I have become unwell, and now have tested positive for COVID. Should I let clients I visited know?

Answer: You MUST let Michelle Moore and Rostering know. A representative for South Eastern Community Care will check your roster, and we will advise all clients you visited in the time you were likely unwell. Clients would not be deemed as close contacts and do not need to quarantine, we would reassure them and ask them to monitor for symptoms.

Question: If a client was confirmed as having COVID, and I visited them what do I do?

Answer: If we are informed a client has tested positive, we would check the roster/schedule and inform staff who have visited in the time they were likely unwell. Staff would not be deemed as close contacts and do not need to quarantine, we would ask you to monitor for symptoms.

YOUR WELLBEING

You can contact your Manager if you want to query any practices, unsure of what to do, or need help/advice.

Our EAP partner is Positive Solutions who are available at any time and for any reason. You can contact them with confidentiality assured on 1800 064 039.

Relating to COVID19- if you have any respiratory symptoms , feel unwell with cough or fever, sore throat or shortness of breath– please phone your GP or the Tasmanian Public Health Hotline on 1800 671 738. DO NOT COME TO WORK, EVEN IF YOU HAVE ONLY MILD SYMPTOMS- GET ADVICE AND GET TESTED!

THANK YOU for everything you are doing to stay safe and to care for vulnerable people in our community:

Helen, Michelle, Barry and Sharon