



Infection Control & COVID-19

Current as at 01.07.2020

That Fleurieu Feeling recognises the importance of keeping up to date with the latest facts in relation to COVID-19. We are diligently monitoring the latest advice from Federal and State Health Departments and will be updating this page where required and ask that our clients access the information on a regular basis.

The virus may have mild symptoms for many, but for some people in our community COVID-19 may be life threatening. We believe it is necessary to take measures to prevent the spread of COVID-19 in our community.

Your health and wellbeing is at the heart of what we do. Please be reassured that we are taking measures to prevent the spread of COVID-19 not only for the benefit of the broader community, but for the benefit of our valued clients at the time of their visit. It is also necessary to protect our practitioners and staff so that we can continue to provide you with care.

Through following important standards and protocols in relation to infection control and prevention, we aim to continue to welcome our clients to *That Fleurieu Feeling* and provide excellence in health optimisation.

Further information can be found here (Link to Federal Health Information on COVID 19)
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

and here (Link to SA Health Information on COVID-19).
<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/home/404+error+page>

Infection Control and Prevention Procedures

That Fleurieu Feeling maintains infection control and prevention, this means we:

- Clean and disinfect frequently touched surfaces with detergent and disinfectant wipe/solution between each patient visit.
- Regularly clean/disinfect surfaces in all areas that patients have contact with.
- Clean all floors regularly.
- Comply with hand hygiene standards.
- Make available hand sanitiser in the reception area, bathrooms and all consulting rooms.
- Clean and disinfect equipment after each use.

When to Reschedule Your Appointment

We advise you to call 0403 562 402 to reschedule your appointment in the following circumstances:

- You have arrived in South Australia within the past days
- You have had contact with a COVID-19 case
- You are currently experiencing fever, flu like symptoms, shortness of breath.

Good Hygiene for Clients & Carers

Everyone must practise good hygiene to protect against infection and prevent the virus spreading.

Good hygiene includes:

- covering your coughs and sneezes with your elbow or a tissue
- immediately disposing of tissues in the rubbish
- washing your hands often with soap and water, including before and after eating and after going to the toilet
- using alcohol-based hand sanitisers
- cleaning and disinfecting surfaces
- if you are sick, avoiding contact with others and staying more than 1.5 metres away from people

Hand Sanitisation

Hand sanitiser is available for use at *That Fleurieu Feeling* in the entrance when arriving and leaving.

Timely spaced appointments

Appointment times between clients are appropriately spaced for cleaning and disinfecting of equipment and surfaces and to minimise contact with others. We cannot facilitate early arrivals.

What if we come into contact with COVID-19?

In the event a staff member has been exposed to COVID-19 they will be required to self-isolate for 14 days. We will follow the advice provided by SA Health.

Your Mental Wellbeing

For many people the COVID-19 outbreak will contribute to stress, anxiety and depression. Looking after your mental health is essential. We encourage everyone to always love and nurture yourself, in the same way you would love and nurture a newborn baby.

Bioresonance Practitioners may be able assist you with stress, anxiety and depression, please phone 0403 562 402 or use the website to make an appointment.

Additionally, there are many psychologist services across Adelaide available providing contact free counselling and support, such as:

Anglicare SA (Free Service) Ph: [8305 9200](tel:83059200)

Centacare Ph: 8215 6700