

Update from our Clinic COVID-19 Help Stop the spread

1. CLIENTS RETURNING FROM OVERSEAS

In keeping with Australian government directives in managing Covid-19

We are not able to see any clients who have recently returned from overseas without a 14 day self-isolation period.

If you have recently returned from overseas please do not enter our clinic at this time and call 08 8267 3488 to reschedule your appointment with us.

Thank you

Kind Regards

The team at Virginia Hill Speech Pathology

2. [Telehealth sessions are now available at our clinic](#) (Please see the dedicated link)

You must sign, take a photograph of the [Telehealth Consent form](#) and email back to

team@virginiahillsp.com.au

in order to participate in telehealth sessions at our clinic

Your therapist will determine if therapy will be suitable using a telehealth session.

The therapist will determine their own availability regarding all sessions at our practice telehealth or otherwise during to COVID-Pandemic in South Australia.

3. HANDWASHING AND PERSONAL HYGIENE

The Australian Government has advised that practising good hand and sneeze/cough hygiene is the best defence against most viruses. It is important to remember what constitutes good hygiene, such as:

- Wash your hands frequently with soap and water for at least 20 seconds, before and after eating, and after going to the toilet
- Dry your hands properly after washing

Updated March 23th 2020



- Cover your cough and sneeze with an elbow or tissue (not your hands), dispose of tissues, and use alcohol-based hand sanitiser
- If you or your child is unwell, **please let us know asap and refrain from entering our clinic** avoid contact with others (stay more than 1.5 metres from people)

It might sound basic, but avoiding touching your face and thorough hand-washing for 20 seconds is your number one defence against getting sick.

20 seconds is Happy Birthday sung through twice

Some coronaviruses can linger on surfaces for up to 9 days. In addition to practicing good hygiene, extra steps can be taken to help stop the spread, such as:

- Wipe down surfaces with a cleaning product
- Use alcohol-based hand sanitiser
- Refrain from touching your face
- Practice social distancing

3.SOCIAL DISTANCING

As a general precaution, employees and contractors may be encouraged to practice social distancing, intended to reduce the transmission of communicable diseases such as coronavirus or a flu-like virus. This may include:

- New social etiquettes to replace handshaking, e.g. an elbow tap or foot tap
- Maintaining a safe personal distance from co-workers (approximately 1-1.5 metres)
- Avoiding large public gathering venues
- Working from home where possible

We will provide further updates going forward regarding this pandemic and how it will affect our clients staff and contractors.

Please continue to check our website for further updates

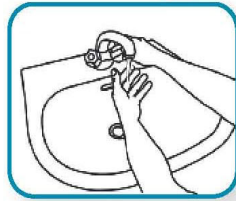
Please check page below for handwashing technique and our new food preparation rules in the clinic.

The team at Virginia Hill Speech Pathology

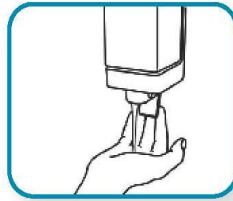
How to wash and dry hands with liquid soap and water



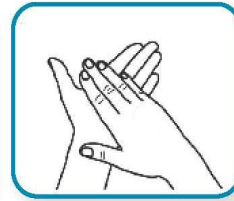
Duration of the entire procedure: **40–60 secs.**



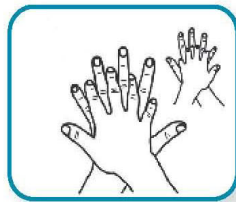
Wet hands with water



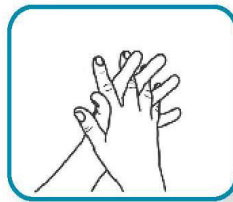
apply enough soap to all hand surfaces



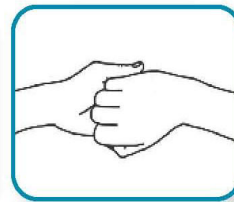
rub hands palm to palm



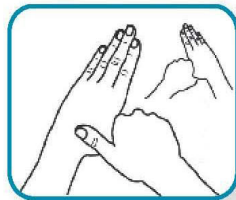
right palm over left dorsum with interlaced fingers and vice versa



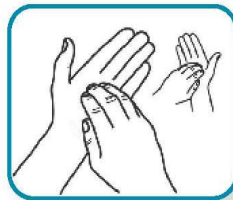
palm to palm with fingers interlaced



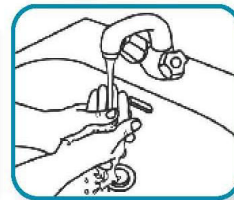
backs of fingers to opposing palms with fingers interlocked



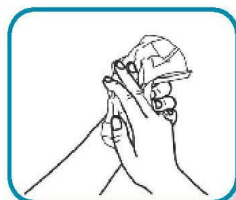
rotational rubbing of left thumb clasped in right palm and vice versa



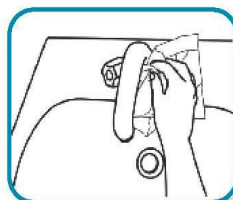
rotational rubbing, backwards and forwards with clasped fingers of right hand in palm and vice versa



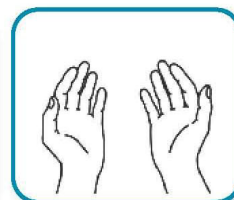
rinse hands with water



dry thoroughly with single use towel



use towel to turn off faucet



...and your hands are safe.

Food Preparation rules until further notice.....

- 1) Please only distribute individually wrapped foods to clients (chupa chup or mentos)
- 2) No baking with clients
- 3) No clients to prepare food or drinks in either kitchens
- 4) All drinks for everyone to be distributed in disposable cups, cans or unopened bottles
- 5) We cannot collect cans to be recycled at this time they will need to go into rubbish bins after use

These are rules to be followed by all to protect all health at our clinic