

Update from our Clinic COVID-19 - Stop the spread

******Please note anyone having any direct contact within any geographical vicinity of COVID-19 exposure may only currently attend Zoom video appointments with our therapists.******

This applies until further notice.

We have a duty of care to protect our Therapists, Clients and Employees.

If you feel this applies to you please contact our clinic immediately to reschedule your appointments to online Zoom Consultations.

Thank you for your understanding.

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 0430 445 578 or 0400 640 932** to reschedule your appointment with us.

Thank you

Kind Regards

The team at Virginia Hill Speech Pathology

2. TELEPRACTICE ZOOM SESSIONS are now available at our clinic (Please see the dedicated link on our website)

You must sign, take a photograph of the **Telepractice Consent form** and email back to team@virginiahillsp.com.au

in order to participate in Telepractice zoom 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
- 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)
- **We currently can only allow two people at a time maintaining a 1.5 m distance in each therapy room**
- 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

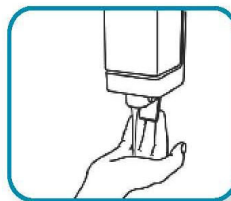
How to wash and dry hands with liquid soap and water



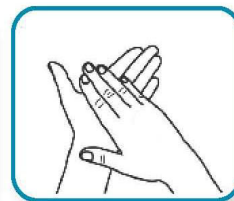
Duration of the entire procedure: **40–60 secs.**



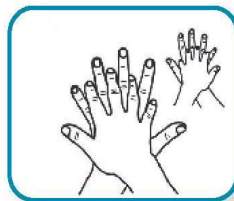
Wet hands with water



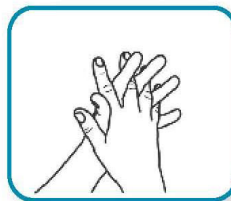
apply enough soap to all hand surfaces



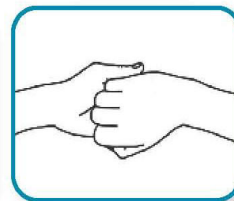
rub hands palm to palm



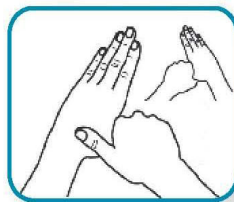
right palm over left dorsum with interlaced fingers and vice versa



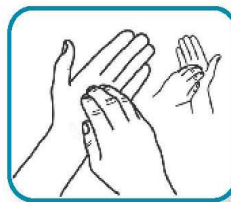
palm to palm with fingers interlaced



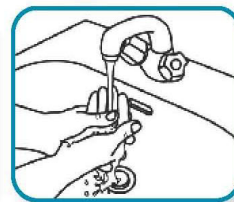
backs of fingers to opposing palms with fingers interlocked



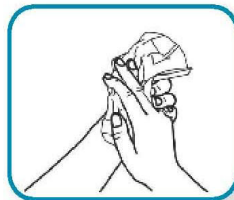
rotational rubbing of left thumb clasped in right palm and vice versa



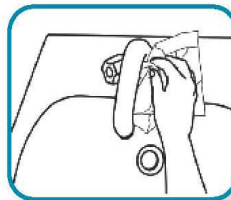
rotational rubbing, backwards and forwards with clasped fingers of right hand in palm and vice versa



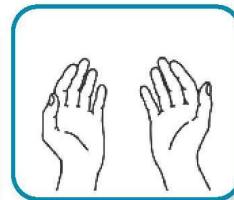
rinse hands with water



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

Further information

The South Australian COVID-19 Information Line is **1800 253 787**, and operates from 8am to 8pm, seven days a week.

The Australian Government Department of Health [website](#) provides general information on Coronavirus (COVID-19).

You can also phone the National Coronavirus Health Information Line on **1800 020 080**.

This service runs 24 hours a day, seven days a week. If you require translating or interpreting services, call **131 450**.