

# Spinal Cord Injuries Australia - Coronavirus Policy

10 March 2020

## 1. Travel

### **High Category 1 Countries:**

The Australian Government considers the following countries to be at higher risk for coronavirus:

- Mainland China
  - Iran
  - Italy
  - Republic of Korea
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- There are travel restrictions for travellers from mainland China, Iran and Republic of Korea.
  - If you are returning from mainland China or Iran you should isolate yourself for 14 days after leaving mainland China or Iran.
  - If you are travelling from the Republic of Korea, on or after 5 March, you must isolate yourself for 14 days from the time you left the Republic of Korea.
  - If you are arriving in Australia from Italy, you must present for health screening at the border as directed. Unless you are instructed to, you do not need to isolate at home.
  - If you work as a healthcare worker or as a residential aged care worker, you cannot attend work for 14 days after leaving Italy.

### **Moderate Risk 2 Countries:**

The Australian Government considers the following countries to be at moderate risk for coronavirus:

- Cambodia
- Hong Kong
- Indonesia
- Japan
- Singapore
- Thailand

If you have recently travelled to these countries, you must monitor your health for 14 days after leaving that country. If you develop a fever or cough, seek medical advice urgently and isolate yourself.

## 2. Feeling unwell

- If you develop a fever, a cough, sore throat or shortness of breath within 14 days of visiting or returning an affected area, seek medical attention.
  - Call your GP
  - Visit the Emergency Department
  - Call Healthdirect 1800 022 222
- If you feel unwell, then we recommend postponing your appointment with SCIA.
- Visit <https://www.healthdirect.gov.au/> to search for a local GP.
- If you are worried that you have been in contact with someone who has coronavirus, please refrain from interacting with SCIA staff or events for 14 days.
- If you have travelled to any of the Category 1 countries above, or one that becomes at risk, please refrain from interacting with SCIA staff or events for 14 days.

## 3. NeuroMoves training

- Upon return from a Category 1 country we will not accept any appointments for 14 days following your return.
- Please remember to follow all usual NeuroMoves hygiene protocols.
- NeuroMoves sites will continue to adhere to strict hygiene measures, as well as provide additional hand sanitizers for both staff and clients.

Continued hygiene protocols at NeuroMoves sites include:

- Equipment used during sessions will be cleaned multiple times a day, and wiped down and sanitised immediately after use
- All equipment and surfaces are cleaned at the end of each day
- Linen is washed regularly and changed after client use
- All staff wash their hands between treating each client, before, after any breaks, eating, or using the bathroom
- Each facility is cleaned regularly

## 4. SCIA Events

- We will monitor the situation and make decisions before organising our own events.
- When asking people to register we will ask them if they have been to a Category 1 or 2 country in the last 14 days.

## 5. SCIA Hygiene

- Additional precautions are in place to ensure strict hygiene measures are adhered to. Additional hand sanitizers have been provided to staff and clients throughout SCIA's offices and NeuroMoves sites.
- We encourage our clients to use these regularly, especially when attending training at a NeuroMoves site.
- SCIA staff and clients are asked to follow good hygiene practises including handwashing for 20 seconds with soap to reduce the spread of germs.

## Helpful links

Please click on the links for further information about the coronavirus (Covid-19)

### **Australian Department of Health - Coronavirus (COVID-19) health alert**

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

### **NSW Dept of Health – FAQ**

<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx#2-1>

### **NSW Dept of Health – What to do if feeling unwell**

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

### **Find a local GP**

<https://www.healthdirect.gov.au/australian-health-services>

### **Symptom Checker**

<https://www.healthdirect.gov.au/>

### **World Health Organisation – Information about coronavirus**

<https://www.who.int/health-topics/coronavirus>

### **World Health Organisation – Frequently Asked Questions**

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

### **World Health Organisation - Coronavirus disease 2019 (COVID-19) Situation Report – 41**

<https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200301-sitrep-41-covid-19.pdf>