



Guidance for Residents and Families for external outings

The change to the *SA Emergency Direction for Residential Aged Care Facilities (no. 6) on 20 June 2020* allows residents to leave their facility. To minimise risk to individual residents, other residents and staff, we suggest the following precautions.

When a resident is leaving their facility, we ask that the "Check in and Out" register is completed before the resident leaves the site. This information is required to assist with organisational requirements for risk identification, and potentially be able to assist with contact tracing in the event of a person becoming positive for COVID-19.

Prior to planning to leave, we ask that you consider where you are going and ensure that you will be able to maintain social distancing. Additionally, it is advised that any close contacts you may encounter or socialise with:

- Are well, with no fever, cold or flu like symptoms
- Have not been in a place other than South Australia, Western Australia, Northern Territory, Tasmania or Queensland in the last 14 days, and
- Have not had contact with a person who has tested positive for COVID-19
- Have had an influenza vaccination this year.

It is strongly recommended that you consider all of these factors and do **not visit or attend an event**, or socialise with any individuals where you don't know the answer to these questions. Please do not put your own health, and that of the staff and other residents, at risk.

If you are planning to leave the site and into the community, please adhere to the following:

- Maintain social distancing of 1.5 metres at all times, even outdoors
- Follow infection control guidelines that include frequent hand washing and good cough etiquette
- Minimise the time you are in confined/internal spaces with groups of people
- If any other person present appears unwell on arrival with fever, cold or flu-like symptoms, consider leaving, or minimally, maintain a two metre distance from the individual at all times
- Ensure there is minimal touching of surfaces such as door handles, hand rails, etc. and remember to use hand gel frequently to sanitise your hands if you do touch those surfaces
- Consider transport: How many people will be in the car? Can social distance be maintained? Ideally, the resident is the sole passenger, seated in the opposite side of the backseat.

Thank you for considering the risks associated with leaving Resthaven, even for a short period of time. Please do this in a safe and considered way for the protection of yourself and others.