



Guidance for Residents and Families for external outings

Release date: 16 November 2020

In consideration of the current SA Health Alert regarding the current COVID-19 cluster in the community, Resthaven strongly discourages residents from leaving their home.

If you must leave the home, the following guidance is provided to minimise risk to you, other residents and staff. Prior to leaving, we require that you inform us of where you are going and who you may be in contact with, in preparation for any required contact tracing that could follow.

This is a rapidly changing situation and please be aware that you may be required to isolate upon your return, should you visit an identified, or as yet identified location or have had contact with a person who has.

It is strongly recommended that you consider all of these factors and choose to remain at the home in consideration of your own health, and that of other residents and the staff.

If you do choose to leave the site and move into the community, please adhere to the following:

- Maintain physical distancing of 1.5 metres at all times, even outdoors
- Ensure frequent hand washing or use of alcohol gel
- Ensure appropriate cough etiquette (coughing into elbow)
- If you encounter any other person that appears unwell whilst out in the community please distance yourself and ideally head back home
- 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 physical distancing be maintained?
- Ideally, you are the sole passenger, seated in the opposite side of the backseat.