How to protect yourself and others

Catalina Lakefront Retreat is committed to safe practices

Wash your hands regularly and keep your physical distance from others.

These simple steps can help to protect yourself and the community.

Practise good hygiene by

- Making sure to clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand rub

- Cover your nose and mouth when coughing and sneezing with a tissue or a flexed elbow

- Avoid close contact with anyone with cold or flu-like symptoms.

Wash your hands regularly

1 Wet hands   2 Apply soap   3 Lather & scrub

4 Rinse hands   5 Turn off tap   6 Dry hands

Spend **20 seconds** washing your hands.

Make sure you stay home if you are sick.

Taking care of a sick person

If you are caring for a sick family member with flu-like symptoms there are things you should do to help stop the spread of infection.

- Care for the sick person in a single room.

- Keep the door closed and windows open, where possible.

- Keep the number of carers to a minimum.

- Always use a hand sanitiser before and after entering the room, or wash hands with soap and water.

- Keep the sick person's cups, plates and eating utensils separate to the rest of the household.

- Wear a surgical mask (single-use face mask) when you are in the sick person's room, if available.

- Clean and disinfect high touch surfaces regularly.

If a member of your group becomes very unwell:

- **Call the Australian Government's National Coronavirus Helpline on**

- **1800 020 080** (24-hour help line)

- **Call your doctor**

- **Visit the emergency department**

An ambulance is not needed to transport people to GPs or a hospital unless their condition is serious.

Alternative means of transport should be used including private car driven by a family member or an existing close contact (not bus, train, taxi or ride-share such as Uber).

If symptoms are **severe** and it is a **medical emergency**, such as shortness of breath at rest or difficulty breathing, **dial 000 and ask for an ambulance**.

Contacts

- Call Service NSW 24 hours, 7 days a week on 13 77 88

- Call 1800 020 080 (24/7) for health questions or to check symptoms.

- Call the coronavirus disability information helpline on 1800 643 787