

Circular 05/2022

28 April 2022

Dear Resident

As I'm sure you are all aware, Covid-19 has not disappeared. There have been updates in the news of increased numbers in our country and sadly also cases reported in our village.

The predominant symptoms are a runny nose, post nasal drip and a hacking productive cough. I want to encourage residents as before to keep me and Sr Sharon Adams informed of any possible health concerns so that we can assist and provide care as required.

Just a reminder of current isolation policies as required by the Department of Health:

- No isolation if asymptomatic.
- Isolation of 7 days is required for those with mild and severe symptoms, especially with respiratory symptoms.
- Isolation of 5 days is required for healthcare workers with Covid19 symptoms.
- No quarantine required after contact with Covid19
- No contact tracing required.

Having said this, we live in close contact with our neighbours and I respectfully request that you practice caution if you have been exposed to someone with Covid19. We need to understand is that this virus is here to stay and it is up to us to stay vigilant, careful and protect each other as we are a small community. We propose the following protocols in line with isolation policies:

**Isolation for Asymptomatic COVID infection** - People with asymptomatic COVID infection do not need to isolate, however they should be advised to:

- Wear a mask whenever interacting with people, for the next 5 days from the date of the test
- Avoid social gatherings for 5 days from date of test
- Avoid being with others socially in indoor spaces, for 5 days from date of test
- Specifically avoid socially interacting anyone with co-morbidities (diabetes, lung disease, heart disease, kidney disease, cancer, uncontrolled HIV, immunocompromised), for 5 days from date of test.

**Isolation for Mild Symptomatic COVID infection**

Those with symptomatic COVID infection who have mild disease (they do not require hospitalisation for COVID pneumonia) should isolate for 7 days from the date of start of symptoms.

**Isolation for Severe Symptomatic COVID infection**

Those with symptomatic COVID infection who have severe disease (they have been admitted to hospital for COVID pneumonia) should continue to isolate for 7 days from the date on which they no longer require oxygen therapy.

It is imperative that as soon as you are not feeling well, that you let the clinic know, especially if it's just a runny nose, a sore throat or a cough. Do not socialise with other residents until we can do a PCR or Antigen test.

If you suspect that you have any symptoms, please call the clinic for assistance – please DO NOT leave your home to go to the clinic, we will come to you. If you would like to be tested, please contact the Nurse Sharon Adams in the clinic on Ext 1401/Ext 1405.

We encourage all residents to practice social distancing; wear a good mask over your nose and mouth as face masks are mandatory when you leave your home and you are in a public place; ensure good ventilation by meeting outdoors; keep the windows open in buildings and vehicles; wash your hands and sanitise frequently.

We have maintained good health protocols throughout this pandemic. You are our main concern and your health and safety is very important to us.

Yours faithfully

A handwritten signature in black ink, appearing to read 'Christine Dempers', written in a cursive style.

Christine Dempers  
Village Manager