

## Coronavirus (COVID-19)

### AN UPDATE

- Mai-Wel are following the guidelines set out by the government, particularly relating to travelling interstate and visiting hospitals.
- Mai-Wel have been identified as an 'essential service'. This means Mai-Wel will continue to operate and provide services to participants.
- Mai-Wel's Executive team and other key personnel are meeting every morning to discuss the COVID-19 Pandemic as new information arises.
- There may be some changes to group arrangements, group numbers and community activities.

If you have questions, please contact your usual Support contact or alternatively, call 4057 2900 so we can direct your call to the right person.

### THINGS TO REMEMBER



if you do not have to travel, **DON'T**. We reduce the risk of spreading the virus if we do not travel,



you do not have to attend your services with Mai-Wel if you feel it would be safer for you to stay at home, just let us know what you'd like to do!



if you would still like to attend a service with Mai-Wel, great! We are still operating and are here to provide services whilst we can, and



it is very important that you practice the following hygiene measures both **at home** and **at work**:

- washing your hands regularly,
- avoid areas with lots of people,
- practice social distancing, and
- only go out for basic, necessary things e.g. medical appointments and groceries.

For more information about Coronavirus, the risks of the virus and how to stay safe, head to [www.health.gov.au](http://www.health.gov.au).

## HOW TO WASH YOUR HANDS



1 Wet hands



2 Apply soap



3 Rub hands palm to palm



4 Lather the back of both hands



5 Scrub between your fingers



6 Rub the back of fingers on the opposing palm



7 Clean thumbs



8 Wash fingernails and fingertips



9 Rinse hands



10 Dry with a single use towel

### MAITLAND

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