



New rules to go to a nursing home

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COVID-19 may be very dangerous for

- People in nursing homes;
- Older people.

Older people are over 60 years old. The person may be

- 63, 75, 83;
or
- very old. Like
 - over 90;
 - 100 years old or more.

New rules to go to a nursing home

You must **not** go to a nursing home

- When you have just come back from overseas
or
- You have met someone with COVID-19
or
- You have a
 - Cough;
 - Sore throat;
 - Find it hard to breath.

You may have COVID-19.

You **must wait** at home for 14 days. Then, you can go to a nursing home.

After 1 May 2020 you must have a flu needle.
Ask your doctor for a letter. It needs to say you had the needle.
Show the nursing home staff.

Be safe in nursing homes

Wash your hands

Use soap and water.

Read the fact sheet **How to wash your hands**.

Dry your hands with paper towel. The nursing home may have a special hand cleaner.
You must use it.

Wash your hands

- Before you go to the nursing home;
 - Before you touch food;
- and**
- After the toilet;
 - After eating;
 - After you use a tissue.

We need to have space between us.

Stand 2 steps away from other people. It is in every direction. Read the poster.

Do **not** shake hands. Do **not** hug. Do **not** kiss.

We do sometimes cough.

Cover your mouth when you cough. Cough into your elbow.

We do sometimes sneeze.

Use a tissue. Put the tissue in the bin straight away.

And wash your hands.

More new rules in nursing homes

It must be a short visit only.

Only 2 more people can be in the room. Like

- The doctor and you;
- **or**
- You with your partner.

Only visit in the

- Persons room;
- **or**
- An outside space. Like the garden;
- **or**
- A space the nursing home show you.

Do **not** meet in the dining room. Do **not** meet in the big lounge room.

Who can not go to nursing homes?

Children under 16 years old can **not** go to nursing homes. Like

- Babies;
- Very young children;
- Children in kinder;
- Children in primary school;
- **or**
- Some children who go to high school. They are 12, 13, 14 or 15 years old.

These children may be able to visit. **But**, it is only at special times. Like the older person is very very sick. The children want to say goodbye. You must ask the nursing home.

Large groups must **not** go to nursing homes.

Like school groups.

There are **no** large group activities. Like

- People singing together
- Bingo.

How to stay in touch

Try some ideas to stay in touch

- Phone calls;
- Video calls. Like on Skype.;
- Send
 - A postcard;
 - Letter;
 - Photos;
 - Children's artwork;
 - Film of your family.

More information

Call the nursing home you want to go to.

COVID-19 information from the government. www.health.gov.au

Call 1800 020 080. You can call at

- Any time;
- Any day.

Translations. Call 131 450.

This fact sheet is based on The Australian Government Health Department Information for residents of residential aged care services, their family members and visitors. 18.03.2020.