

Protect our residents
and staff by preventing
infections

Public Health advice
for all visitors

Don't visit if you're feeling sick

- Symptoms of a **viral respiratory infection**
 - Do not visit until 48 hours after symptoms resolve – symptoms include cough, sore throat, shortness of breath, muscle aches, exhaustion or watery eyes,
- **COVID-19** or **flu** diagnosis
 - Do not visit until 5 days after your symptoms first started.
- **Diarrhoea** or **vomiting**
 - Do not visit until 48 hours after your last symptoms

Practice hand hygiene

- **Clean your hands** by using the alcohol hand gel when entering and before leaving.
- If your hands are visibly dirty, please wash them for at least 20 seconds and always wash them after:
 - using the toilet **or** helping with personal care, for example, feeding or toileting
 - coughing or sneezing

Have all recommended vaccines

- If you are over 60 years of age, or in an “at risk” group, make sure to get your flu and COVID-19 vaccines.
- For more information, talk to your GP or pharmacist.

Questions about visiting?

- Contact this facility manager if you have any visiting queries or concerns.

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