

## **Karrinyup Men's Shed Bulletin 14 March 2020**

From: Karrinyup Men's Shed <[kcmensshed@iinet.net.au](mailto:kcmensshed@iinet.net.au)>

**To: Karrinyup Community Men's Shed members**

### **Advice to WA Sheds and Shedders on the novel coronavirus called COVID-19 (as at 12 Mar 2020)**



#### **Feeling unwell?**

If you or your fellow Shedders have signs of fever and respiratory symptoms such as cough or sore throat **AND**:

- have returned from overseas travel in the last 14 days OR
- are a contact of a confirmed COVID-19 case OR
- believe they have may have been in close contact with a person infected with COVID-19

Consider the risks to the health and wellbeing of your fellow community members:

- Seek medical attention (Call ahead of time to book an appointment. Tell your doctor about your symptoms, travel history and any recent close contact with someone who has coronavirus)
- Visit a [COVID-19 Clinic\\*\\*](#) (Metro areas)
- Call the Coronavirus Health Information Line [1800 020 080](tel:1800020080)
- **If you are very unwell (such as experiencing shortness of breath) and need urgent medical help call [000](tel:000)**
- Patients who are tested should remain [isolated\\*\\*\\*](#) at home, until they receive their test results and further medical advice

#### **How it spreads**

There is evidence that the virus spreads from person-to-person. The virus is most likely spread through:

- close contact with an infectious person
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face.

## Protect yourself and each other

- Stay home if you are feeling unwell
- Cover coughs and sneezes
- Wash hands often (with soap and water)
- Share this email/ Print off the attached poster to share on your shed notice boards.
- If you believe that one of your fellow Shedders, volunteers or community members has the above signs, you may wish to *respectfully* ask that they consider staying at home until they are feeling well and suggest that they seek medical advice.
- If your fellow Shedders and community members do choose to stay at home, please make sure that someone from the shed is in regular communications with them. Pick up the phone and check in to see if they need anything (even if it is just a chat).

Keep updated at the links below and at <https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/coronavirus-covid-19-latest-updates>

I will be attending briefings for peak bodies on this subject over the coming weeks and will send out updates accordingly.

Let's remain alert, but let's not be alarmed.

Stay safe & well and in the spirit of Men's Sheds, *let's work hard to look after one other.*

### James Wild

Chief Executive Officer

### Men's Sheds of WA

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**From:** WACOSS - Western Australian Council of Social Service

**Sent:** 12 March 2020 13:00

**To:** [ceo@mensshedswa.org.au](mailto:ceo@mensshedswa.org.au)

**Subject:** Community Services Response to COVID-19

12 March 2020

### Community Services response to COVID-19

Community services play a crucial role in looking after our community. We are proud of the caring role we play delivering services to people experiencing vulnerability. We are also proud of how we care for our staff and how we work together as a sector to respond to challenges and deliver better outcomes. So, we are providing an update on our responses to COVID-19 and sharing with you the best links and resources.

Our aim is to ensure you are well-informed of the key issues for your organisation,

staff and service users, so you can plan how best to respond.

We will ensure updated information, resources and links are available on the WACOSS website [here](#).

Here is a list of links where you can get the latest information from trusted organisations who are leading the response.

- Federal Government [Coronavirus 2019 information](#)
- WA Government information on [Coronavirus COVID-19](#)
- WA Government [Pandemic Plan](#) (pdf)
- WA [COVID 19 Clinics](#) (3 locations)
- World Health Organisation [novel coronavirus 2019](#)

It is important that your staff know how to look after themselves and their clients to reduce the risk of infection. There is no need to panic or stockpile, but simple precautions like washing hands, not shaking hands or kissing can help. Here are some useful links:

- [Coronavirus resources](#) (Federal Govt. Health Dept.)
- [Know the Signs](#) poster
- [Stop the Spread](#) poster
- [Advice for employers](#)
- Advice for [childcare facilities](#)
- Advice for [aged care](#)

### **Contingency Planning**

Your organisation, board and management team may want to develop a contingency plan to respond to potential issues as they emerge.

What you need to do may vary depending on the kind of services you deliver and the way you interact with service users, other agencies and the public.

Some services may need to wind down or use other modes of outreach to maintain social distancing or respond to changes in demand, while others may need to ramp up and change the way they deliver help to those relying on their support.

Here are some examples of **contingency plans** generously shared with us by Ruah and Anglicare WA.

- [Ruah Infection Control Procedure](#)
- [Ruah Infectious Diseases Risk Management Plan](#)
- [Ruah Hand Hygiene and Auditing \(slideshow\)](#)
- [Anglicare COVID-19 Response Plan](#)

Anglicare and Ruah have also offered to work with us to develop a template to assist organisations with contingency planning, which we will share with you as soon as we can.

Any organisations who are happy to **share** contingency plans for their industry or service types, please get in touch via [alenska@wacoss.org.au](mailto:alenska@wacoss.org.au). We aim to be able to share plans for aged care, childcare, homeless, emergency relief as well as the range of counselling services.

### **Caring for our Community Our ongoing advocacy**

WACOSS and other WA human services peak bodies are working closely with the WA Government to look out for the best interests of the WA community and the services that support them.

WACOSS and other peaks met with leading WA Government agencies this week. We are particularly concerned to ensure that the most vulnerable in our community are cared for and can continue to access essential services safely.

In support of the Department of Health, the Department of the Premier and Cabinet has established the **Pandemic Coordination Unit**, which will partner with the key Departments in their engagement with the community services sector on issues arising in regards to COVID-19.

We will continue to work with the WA Government to provide good practical advice from the sector and support contingency planning for all levels of impact. We will continue to advocate so that the needs of our clients are front-and-centre, our staff are supported, contracts are fair and services are sustainable.

Finally it is up to us to look out for our service users, our staff and the community. We need to ensure we stay well informed, counteract misinformation and discourage others from panicking so that our response is balanced, realistic and effective.

Thank you for your support and keep up the great work!

[COVID-19 Resources](#)

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- \* <https://www.facebook.com/groups/mensshedswa/>
  - \*\* [https://healthywa.wa.gov.au/Articles/A\\_E/COVID-clinics](https://healthywa.wa.gov.au/Articles/A_E/COVID-clinics)
  - \*\*\* <https://www.health.gov.au/resources/publications/coronavirus-covid-19-isolation-guidance>
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