

# COVID-19 Statement & Policies and Procedures for in-home visits (Updated 27/09/2020)

Providing care to pregnant or new mothers is such important work and I cannot do it from home - but as we are still in the midst of a global pandemic (and currently still under restrictions here in Melbourne) I will not be offering in-home visits again until restrictions lift towards the end of October. I am, however able to offer initial meetings and prenatal sessions via Zoom if you would like to still start the process of working together!

Once restrictions have lifted, I will continue to take additional precautions to ensure everyone can stay healthy and safe when I visit your home.

*It is very important that you inform me in advance if anyone in your household is unwell, or self-isolating because they are at risk of becoming unwell, with COVID-19. I will also give you the same courtesy.*

Unfortunately, due to strict public health requirements I will be unable to attend if anyone in your household is unwell or in self-isolation. I will of course treat this information in strict confidence and will be happy to reschedule your appointment for another time.

## My responsibilities & obligations

Here are the control measures I undertake to manage the risks of exposure to COVID-19 when preparing your care packs for shipping:

- I will practice hygiene measures such as washing hands before packing your items
- I will not prepare items for you if I am unwell or have any respiratory symptoms
- Food items are packaged in my domestic kitchen (registered for commercial use with Boroondara council) following current relevant health and safety requirements
- Your order will arrive via Sendle with contactless pickup and delivery

Here are the control measures I undertake to manage the risks of exposure to COVID-19 when visiting your home:

- I will not take on more than one client at a time to minimise contact with others and the risk of community transmission
- I will practice hygiene measures such as removing shoes before entering your home and washing my hands on arrival (and regularly during my session – I will also bring my own hand and kitchen cloths)
- I will practice physical distancing as much as possible while I am in your home. This of course is not always practical due to the nature of the services I provide. If we have a situation where, despite other control measures, we will be in close contact with each other for longer than the recommended time (i.e. more than 15 minutes face to face cumulative over the course of a week or more than 2 hours in a shared closed space), I will make a risk assessment with you and then consider the use of personal protective equipment (PPE) such as masks and gloves. (I am trained in the use of proper use of PPE)
- I have completed the Australian Government Department of Health Infection Control Training - COVID-19
- Additionally – I will also: use electronic paperwork and encourage contactless payment where possible

Before I visit your home, I will make sure that I can say 'yes' to the following:

- I (or anyone in my household) have not been diagnosed with Coronavirus or been identified as a suspected case and awaiting results
- I (or anyone in my household) have not been in contact with anyone who has a confirmed or suspected case of Coronavirus and awaiting results
- I (or anyone in my household) do not have any of the following symptoms: fever, cough shortness of breath or other respiratory symptoms

Personally:

- Reduce personal contact where possible and limiting social interactions
- Any visitors to my home are asked to follow good hygiene procedures and observe physical distancing as much as possible
- I am avoiding any activity where undertaking precautionary measures would be challenging
- I am not attending any public places prohibited by the Victorian Government

I also continue to observe personal hygiene measures such as:

- Washing hands as soon as coming inside for at least 20 seconds with soap and water
- Taking off shoes before entering the house
- Regularly cleaning and sanitising high-touch points in my home such as light switches, door handles, remotes etc
- Using a hand sanitiser of at least 62% alcohol when I don't have access to running water
- Avoiding touching my eyes, nose or mouth and coughing/sneezing into the crook of my arm

## **Your responsibilities & obligations:**

It is important to me to be able to continue to provide my services to you, as well as other families at this time. Please help me to manage the risks to my health and safety and that of others by cooperating with the measures I have outlined above. Please do the same things for me that you are doing to keep your own family and friends healthy and well. This includes frequent handwashing, covering your nose and mouth when you need to cough or sneeze with the crook of your arm or clean tissue and observing rules for physical distancing (not just when out, but when you also have people come into your home who are not regular household members).

As above – please ensure you can answer 'yes' to all of the following statements:

- I (or anyone in my household) have not been diagnosed with Coronavirus or been identified as a suspected case and awaiting results
- I (or anyone in my household) have not been in contact with anyone who has a confirmed or suspected case of Coronavirus and awaiting results
- I (or anyone in my household) do not have any of the following symptoms: fever, cough shortness of breath or other respiratory symptoms

More information can be found on the Department of Health website:

- > [COVID-19 – Simple steps to stop the spread](#)
- > [COVID-19 – Keeping your distance](#)

Thank you so much – please don't hesitate to contact me if you would like to discuss this in more detail.



Australian Government

Department of Health

# Certificate of Acknowledgement

This is to certify that

**JUSTINE LAW**

Completed an eLearning course in

**Infection Control Training - COVID 19**

on

23rd March 2020