

**Bolton Clarke 以非常认真的态度对待您和工作人员的健康与安全。**

这些信息关于在 Coronavirus 爆发期间，我们会如何保护您的安全。这些信息将助您了解最新的情况，同时也有助于我们防止病毒传播。

我们作为提供医护服务的机构，将严格遵循澳大利亚政府及其首席医务官的建议。

## Coronavirus (COVID-19) 如何传播

**冠状病毒通过以下方式人传人：**

- 与病毒携带者紧密接触
- 在病毒携带者咳嗽或打喷嚏时，接触到他们的飞沫
- 触摸沾有病毒携带者飞沫的物品或表面（如门把或桌子），然后再摸自己的脸部<sup>1</sup>。

**保持良好的手部卫生习惯，并且在打喷嚏或咳嗽时以弯曲的手肘遮掩脸部——这是预防大部分病毒的最佳方法。**

- 在进食前后及如厕之后勤用肥皂及水洗手
- 咳嗽或打喷嚏之时以弯曲的手肘遮掩脸部；把用过的纸巾放进垃圾桶，并且洗手
- 避免靠近他人，要保持 1.5 米以上的距离。

**We at Bolton Clarke take the health and safety of you and our staff very seriously.**

This information is for you on how we are working to protect you during the Coronavirus outbreak. This will help you stay up to date and help us to prevent the spread.

As a health care service, we closely follow the advice from the Australian Government and their Chief Medical Officer.

## How Coronavirus (COVID-19) is spread

**Coronavirus is spread from person to person through:**

- Close contact with a person who has the virus
- Contact with droplets from a person who has the virus and who is coughing or sneezing
- Touching things or surfaces (e.g. doorknobs or tables) that have droplets on them from a person who has the virus, and then touching your face<sup>1</sup>.

**Practising good hand hygiene and covering your face with your bent elbow when you sneeze, or cough is the best defence against most viruses.**

- Wash your hands often with soap and water, before and after eating and after using the toilet
- Cover your face with your bent elbow when you cough or sneeze, put used tissues in the bin and wash your hands
- Avoid being close to others, stand more than 1.5metres away.

参考：1. 澳大利亚政府 (2020)。有关 Coronavirus (COVID 19) 的建议简述。

Reference: 1. Australian Government (2020). Advice fact sheets on Coronavirus (COVID 19).

## 保护您和工作人员的安全

### 登记

- 在造访之前，我们会给您打电话问四个问题。这样做的目的是在造访前确定您及您家里所有人都身体健康，并且让您放心我们派来的人也是健康的。
- 到您家的时候，我们将问您的感觉如何，也可能会为您测量体温。

### 我们的工作人员:

- 接受过良好的传染控防培训，包括良好手部卫生习惯的培训。
- 只在身体健康的情况下上班。
- 由于我们是医护服务提供机构，所以如果有需要，可优先获得冠状病毒检测。
- 您如果有意进一步学习如何做好部分或完全自我护理，则我们会为您提供配合。

### 口罩——澳大利亚首席医务官的建议

- 您如果身体健康，则不需要在我们的工作人员造访之时佩戴口罩。
- 您如果身体健康，我们的工作人员在造访之时将不会佩戴口罩。
- 只有在为 Coronavirus 或其他病毒的疑似或确诊感染者提供护理服务的情况下，我们的工作人员才会佩戴口罩。

## Keeping you and our staff safe

### Checking in

- We will phone you and ask you four questions before visiting. This is to make sure you and everyone in your house are well before we visit and to reassure you that we are well too.
- When we arrive at your house, we will ask questions on how you are feeling and may take your temperature.

### Our staff:

- Are well trained in infection control and prevention, including good hand hygiene.
- Will only come to work if they are well.
- Have access to priority testing for Coronavirus if needed because we are a health care service.
- Will work with you if you are interested in learning more about how you can do all, or part of your care.

### Masks – advice from Australia’s Chief Medical Officer

- If you are well, you do not need to wear a mask when our staff visit.
- If you are well, our staff will not wear a mask when we visit.
- Our staff will only wear a mask when they are caring for someone suspected or confirmed with Coronavirus or other viruses.