

Darling Downs Therapy Services (DDTS) - COVID-19 (Coronavirus) Management Plan



COVID-19 has been declared a pandemic by the World Health Organisation, and Australia has declared it as a health emergency.

DDTS has developed a COVID-19 management plan in line with Government advice. The aim of this plan is to:

- continue to ensure our practices are in line with principals of effective infection control and management of COVID-19
- plan for the prevention and management of COVID-19 within our service scope (e.g. staff, contractors, clients) and in line with DDTS Emergency and Disaster Management Policy
- adapt our processes as required in response to the latest information from State and Federal Health Authorities around COVID-19
- continue to meet our service agreement responsibilities to our clients as much as possible through alternate avenues for service delivery where appropriate (e.g. phone appointments, use of technologies such as 'Zoom')
- be in communication with our clients to advise where services need to change or be postponed

Preparation & Prevention

Preparation, Prevention and Early Detection

To ensure the safety and well being of our clients, their support networks and our team DDTS, its employees and contractors, are to:

implement recommended infection control practices:

- practice social distancing (1.5 metres away from others)
- ensure regular recommended hygiene practices: hand washing, sneeze or cough into your elbow
- use hand washing / hand sanitiser between each client appointment/contact and meetings
- disinfect surfaces of resources/ materials used in client visits as required
- comply with current regulations regarding wearing of masks and visiting disability, aged care and/or health facilities

ensure early detection practices:

- all employees and contractors are to closely monitor themselves for symptoms (fever, coughing, sore throat, shortness of breath, fatigue, headache, loss of taste or smell, nasal congestion, muscle pain)
- organise a covid-19 test (RAT or PCR) as soon as possible and remain at home until results of test are known
- if covid-19 test is negative but you still have symptoms, stay home and re-test in 24-48 hours
- if test is positive following steps in Phase 2

Where required by their role, DDTS employees and contractors are vaccinated against covid-19.

Management

Management plan for COVID-19 cases

A DDTS employee or contractor **who tests positive** for Covid-19 will comply with the relevant Health guidelines [<https://www.health.qld.gov.au/>] which are, as at 7 Feb 2022:

- Immediately isolate at home for 7 days
- Advise their household and close contacts to isolate as well
- Advise any people you may have been in contact with during your infectious period (from 2 days before you had symptoms or found out you had covid-19) to monitor their health and get tested if they have symptoms
- Follow Queensland Health recommendations for managing your health
- You can end isolation 7 full days after the positive result provided you do not have any significant symptoms or symptoms that are getting worse. If that is the case you need to continue isolation - for details refer to: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/i-have-covid>

A DDTS employee or contractor who is a **close contact** of a positive covid-19 case will comply with the relevant Health guidelines which are, as at 7 Feb 2022:

- Quarantine immediately for 7 full days from the date you last had contact with the person that has Covid-19
- If you have symptoms you must get tested. If positive, follow steps as above
- Get tested on day 6 or quarantine using a RAT or PCR test. If the result is negative and you have no symptoms at the end of day 7 you can end quarantine

For definition of **close contact** please go to: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/exposed-to-covid/close-contacts>

Should your DDTS team member be unable to provide your service for an extended period due to illness, including COVID-19, or quarantine requirements they (or a DDTS representative) will contact you to discuss **alternate service options** (e.g. non-face to face [zoom] appointments, referral on to other services, a pause in services).

Resources and Further Information

Differences between **isolation and quarantine**: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/protect-yourself-others/quarantine/home-quarantine#:~:text=Difference%20between%20isolation%20and%20quarantine,or%20in%20a%20healthcare%20facility.>

Health department COVID-19 information on **symptoms**:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19#symptoms>

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-identifying-the-symptoms>

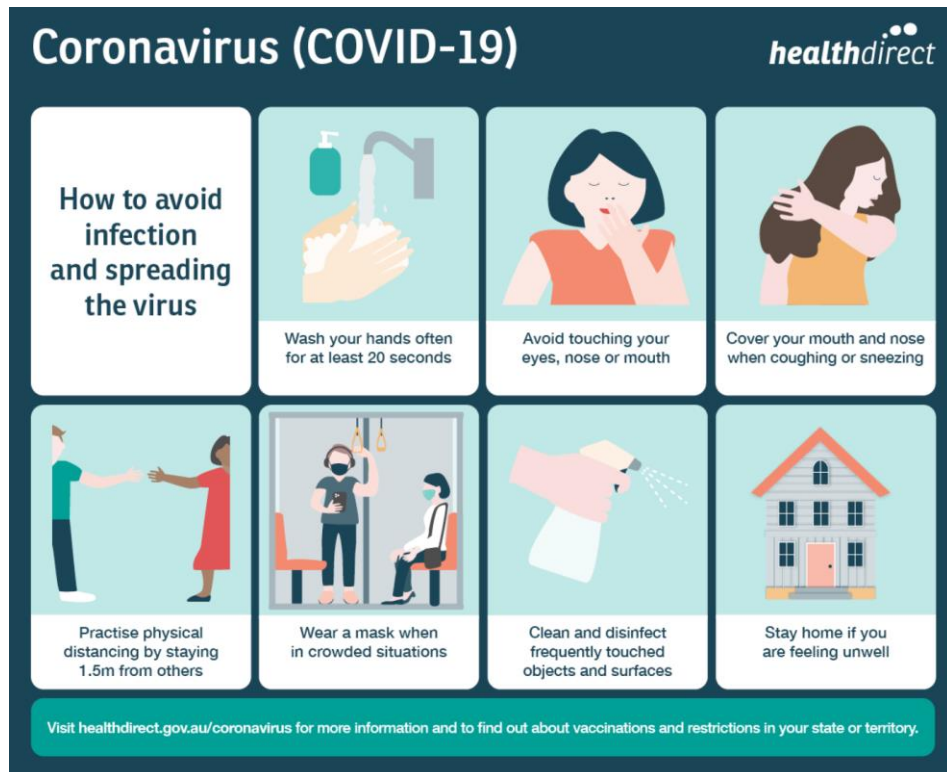
COVID-19 symptom checker: <https://www.healthdirect.gov.au/coronavirus-covid-19-symptoms-and-how-the-virus-spreads-faqs>

National Coronavirus **Helpline**: ph: 1800 020 080. Call this line if you are seeking information on coronavirus (COVID-19). Operates 24 hours a day, seven days a week.

NDIS Coronavirus information for participants: <https://www.ndis.gov.au/coronavirus>

Handwashing guide – Qld Government: https://www.qld.gov.au/data/assets/pdf_file/0013/120811/gh-handwashing-12-step-guide-poster.pdf

Coronavirus **prevention steps**: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/take-action/coronavirus-prevention>



[image source: <https://www.healthdirect.gov.au/coronavirus-covid-19-how-to-avoid-infection-faqs>]

