



Gidgee
Healing

DEAR COMMUNITY MEMBER,



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Healing

AS YOU ARE AWARE THE CORONAVIRUS IS IN MOST COUNTRIES OF THE WORLD INCLUDING AUSTRALIA. STAFF AT GIDGEE HEALING ARE TAKING PRECAUTIONS SO THAT WE CAN KEEP OUR COMMUNITY SAFE.

TO STOP THE SPREAD OF THE CORONAVIRUS MAKE SURE YOU FOLLOW THESE IMPORTANT HYGIENE MEASURES:

- AVOID TOUCHING YOUR FACE
- WASH YOUR HANDS BEFORE EATING
- COUGH OR SNEEZE INTO AN ELBOW OR TISSUE AND IMMEDIATELY PUT IN THE BIN'
- WASH YOUR HANDS WITH SOAP OR AN ALCOHOL-BASED HAND WASH

WHEN YOUR AT THE CLINIC:

IF YOU THINK YOU HAVE A COLD/SNIFFLE/SORE THROAT/RUNNY POOS OR SYMPTOMS THAT SEEM LIKE THE FLU PLEASE LET THE CLINIC STAFF KNOW ASAP OR GIVE US A HEADS UP WHEN YOU ARE ON YOUR WAY.

WHEN AT HOME:

FOLLOW THESE STEPS TO HELP STOP THE SPREAD:

- WASH YOUR HANDS BEFORE EATING
- AVOID TOUCHING YOUR FACE
- USE WATER AND SOAP TO WASH YOUR HANDS
- COUGH OR SNEEZE INTO YOUR ELBOW, SHOULDER OR TISSUE AND PUT IN BIN IMMEDIATELY.

IF YOU ARE STILL WANTING MORE INFORMATION GIVE YOUR LOCAL CLINIC A CALL.