



The Flu and Coronavirus – What You Need to Know

How is the Flu or Coronavirus Spread?

- ❖ The flu and coronavirus are both spread the same way: from person to person by infected droplets. If these droplets just remain on your skin you won't get sick – they must get into your body.
- ❖ There are three common ways this can occur:
 - an infected person coughs or sneezes close to you and you breathe in the infected droplets.
 - an infected person covers their mouth or nose while coughing or sneezing spreading infected droplets on their hand, then touches you (e.g. shakes hands) and you touch your face (e.g. nose or mouth).
 - infected person coughs or sneezes spraying infected droplets on a surface which you touch and then touch your mouth.
- ❖ Both viruses can also enter the body through the eyes as the blood vessels in the eyes are close to the surface. This can happen if someone coughs/sneezes close to you or you touch your eyes.
- ❖ Another way the flu and coronavirus can spread is through faeces. The faeces of an infected person commonly contain live viruses. If an infected person doesn't wash their hands after going through the toilet – the virus will then be left on anything they touch: door handles, lift buttons and other people.

How Can We Avoid Getting the Flu or Coronavirus?

- ❖ The most important prevention remains: wash your hands – after you cough or sneeze, after being on public transport or in a public place (including the supermarket), before preparing food or eating, after you go to the toilet and if you care for someone unwell. Wash your hands in warm water with soap for at least 20 seconds. If you are out and can't wash your hands, use an alcohol based hand sanitiser.
- ❖ Stay at least one meter away from people who have flu like symptoms - if someone in a lift is coughing or sneezing, don't get in!
- ❖ Regularly clean surfaces which are commonly touched by people such as door handles, taps, fridge doors and benches. Research has shown that ordinary household disinfectant sprays used with a paper towel wipe are quite effective – there's no need to get anything else.
- ❖ Use disinfectant wipes to clean items commonly handled in public places such the handles of shopping trolleys.
- ❖ If eating out in a food court or travelling on a plane, wipe down the table with a disinfectant wipe. Use alcohol based hand sanitiser to clean your hands. If you can, soak the cutlery in hot water (e.g. a pot of tea). Eat only hot, cooked food and drink only bottled drinks.
- ❖ Don't touch your face (i.e. mouth, nose or eyes) unless you have just washed your hands. If you are going out to a public place (e.g. the supermarket) consider wearing a mask to remind you not to touch your face.
- ❖ Avoid unnecessary contact with people who are unwell or recovering (including shaking hands).
- ❖ Wipe your mobile phone with a disinfectant wipe at least twice a day.
- ❖ If you have a high risk on infection (e.g. elderly or have a heart or lung condition) consider not using public transport, avoiding shopping centres (e.g. buy groceries on line and have medications delivered) and avoiding public events (e.g. the football).
- ❖ If you have to travel take disinfectant wipes with you. Use them on the plane to wipe down the belt buckle, table, arm rests. When using a public toilet (or toilet on a plane) wipe down the surfaces such as the door handle, flush button and taps. Don't assume that all the surfaces in your hotel room have been disinfected since the last client – wipe them down with a disinfectant wipe especially the light switches, television remote and bedside table.

What About if You're Caring for Someone Who Is Sick?

- ❖ Follow all the preventive measures above.
- ❖ Do not allow the infected person to prepare food for other people or go to public places.
- ❖ Get the person to cover their mouth when they cough or sneeze. If they are in a room with other people, ask them to wear a mask so they don't infect others. Wipe down any surfaces they may have touched or coughed/sneezed up on with disinfectant spray, put the paper towel straight in the garbage then wash your hands.
- ❖ Make sure the sick person immediately puts any soiled tissues in the garbage. If you have to clean them up, wear a pair of gloves then wash your hands thoroughly afterwards.
- ❖ If cleaning up vomit or diarrhoea, or cleaning soiled clothes or linen, use a solution of one cup of bleach in a bucket of water. Cover the vomit or faeces with the solution or soak the clothes in the bucket and leave for 10 minutes. Wear gloves while handling any soiled clothes or cleaning up the vomit or diarrhoea. Use paper towels to clean surfaces or floors and immediately dispose of them in the garbage. Wash your hands afterwards.

What Can We do to Prepare In Case We have to Stay Home?

- ❖ Having a small stock of soap, disinfectant wipes and alcohol based hand sanitiser handy. Keep some at home, in your car and in your desk at work so you can use them regularly.
- ❖ If you get the flu, you may need to stay home (quarantine yourself) for up to two weeks. At least two weeks is required for coronavirus quarantine. During this time you will not be able to go out to shop for food or medication so you will need a small supply or to have it delivered.
- ❖ To prepare, consider this scenario: someone at a function you attend is diagnosed with coronavirus and everyone who was there is asked to quarantine themselves at home for a fortnight – starting immediately. What would you need? Consider food, pet food, medication. You may like to stock up on some of these things – such as buying just a little extra canned or non-perishable food when you shop but there's no need to hoard food!
- ❖ When thinking about what you might need, don't forget things like tissues, toilet paper and paper towels – you may be using more of these if you get sick so maybe get an extra packet or two when you shop.
- ❖ You may also like to consider the possibility that supply of some things may be interrupted. For example, if you can only use some products due to allergies, you may want to buy a little extra in case they become hard to get.
- ❖ Remember elderly relatives or neighbours. Check on them regularly and maybe buy a few extra things (e.g. nonperishable food, antiseptic spray, tissues) to help them out.

What is Phoenix Centre for Acupuncture and Holistic Health Doing?

At Phoenix Centre for Acupuncture and Holistic Health we take infection control very seriously. Our infection control measures include:

- ❖ Changing the linen after every patient
- ❖ Wiping down all surfaces in the clinic with disinfectant spray after every patient
- ❖ Only seeing one patient at a time – no chance of cross infection or being infected by other patients in the waiting room
- ❖ Requiring any patients who is coughing or sneezing to wear a face mask
- ❖ Practitioner using both soap and water and hand sanitiser to clean hands
- ❖ Use of single use, disposable treatment equipment whenever possible
- ❖ Washing all cups with soap and hot water and then cleaning with antiseptic after use

At Phoenix Centre for Acupuncture and Holistic Health we will not see any patient who currently has flu-like symptoms. If you are experiencing these symptoms, we request you defer your appointment until you have seen your GP.