

# TLC Management Plan for COVID-19

On December 31<sup>st</sup> 2019 we first heard of and started discussing 'novel coronavirus', which means a new strain of coronavirus. Once scientists figured out exactly what this strain of coronavirus was and how to identify it in tests, they gave it a name: SARS-CoV-2. When someone gets sick with this virus the illness is called COVID-19. For simplicity, a lot of people are calling the virus and the disease it causes the same name, COVID-19.

On Wednesday 11<sup>th</sup> March, COVID-19 was declared a pandemic by the World Health Organisation (WHO).

TLC Training Solutions continues to monitor the impact of COVID-19 on our staff, students, training and industry partners and are working with federal, NSW and QLD government departments and ASQA to share updated information to all concerned.

## TLC Training Solutions:

- Is sharing and actioning all advice received by state government departments related to education and training, the federal government and state departments of health.
- Has purchased wall mounted hand sanitisers to be placed in prominent positions in the college.
- Is working with college staff and our cleaners to ensure all areas of the college are cleaned thoroughly and regularly, and increased personal hygiene is enforced.
- Will be requiring any college staff member, trainer or student attending the college presenting cold or flu like symptoms to stay at home until well and return only with a medical certificate confirming clearance. Please understand, you will be asked to leave if you attend with any cold or flu like symptom.
- Are advising trainers to leave any early childhood service in which they feel at risk of infection by observing inadequate handwashing and/or hygiene practices or where they observe anyone presenting with cold / flu like symptoms.
- Advises any student affected to notify the TLC Training Manager – Shelley Mains [smains@tlctrainingsolutions.com.au](mailto:smains@tlctrainingsolutions.com.au) and their trainer of their circumstance to determine whether alternate arrangements for remote learning can be temporarily put in place.
- Is reviewing and exploring what mechanisms for remote learning they can put in place to accommodate people in this circumstance keeping in mind the isolation period, provided the person remains well, is a maximum of 14 days.

## Prevention:

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, the Department of Health always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- ✓ Avoid contact with people who are sick.
- ✓ Avoid touching your eyes, nose, and mouth.



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- ✓ Stay home when you are sick.
- ✓ Cover your cough or sneeze with a tissue, then throw the tissue in the bin. Due to a national shortage, we recommend carrying personal tissues at all times.
- ✓ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- ✓ Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- ✓ If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. We recommend carrying a small bottle of sanitizer at all times.
- ✓ Surgical masks in the community are only helpful in preventing people who have coronavirus disease from spreading it to others. If you are well, you do not need to wear a surgical mask as there is little evidence supporting the widespread use of surgical masks in healthy people to prevent transmission in public.

## Travel:

We expect staff and class based students who either themselves or any person they reside with that have travelled or will travel to countries where the Department of Health has enacted a travel warning (currently China, Iran, Italy, and Republic of Korea) to follow guidance about self-isolation and stay home for a period of 14 days upon returning home and also seek medical attention if they experience fever, cough, or difficulty breathing.

If you plan on traveling, domestic or internationally during the upcoming months, please take all possible precautions.

Guidance has also been issued about airline and cruise ship travel.

The Department of Foreign Affairs and Trade (DFAT) has updated advice on cruise travel: *Australians, particularly those with underlying health concerns should reconsider taking an overseas cruise at this time due to COVID-19. If in doubt, consult a medical professional before travelling.*

## Who is most at risk of a serious illness?

Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly.

Based on the experience with other coronaviruses, the people at most risk of serious infection are:

- ✓ People with compromised immune systems (autoimmune conditions / cancer)
- ✓ Elderly people
- ✓ Aboriginal and Torres Strait Islander people
- ✓ People with diagnosed chronic medical conditions
- ✓ Very young children and babies\*
- ✓ People in group residential settings
- ✓ People in detention facilities.



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\*At this stage the risk to children and babies, and the role children play in the transmission of COVID-19, is not clear. However, there has so far been a low rate of confirmed COVID-19 cases among children, relative to the broader population.

## What do I do if I feel unwell?

- ✓ If you become unwell and think you may have symptoms of coronavirus, seek medical attention.
- ✓ Call ahead of time to book an appointment. Tell your doctor about your symptoms, travel history and any recent close contact with someone who has coronavirus.
- ✓ If you must leave home to see your doctor, wear a surgical mask (if you have one) to protect others.

## How to isolate yourself

- ✓ Do not go to public places, such as work, school, shopping centers, childcare or university. If possible, ask other people to get food and other necessities for you and leave them at your front door or order online.
- ✓ Only people who usually live with you should be in your home. Do not let in visitors.
- ✓ You do not need to wear a mask in your home.
- ✓ If you need to leave home to seek medical attention, wear a surgical mask (if you have one) to protect others.

Home isolation, quarantine periods and/or the spread of COVID-19 can be stressful and may leave you feeling concerned. There are a range of support services available, including talking to a counsellor or other mental health professional.

The Head to Health website (<https://headtohealth.gov.au>) provides links to trusted Australian mental health online and phone supports, resources and treatment options. It also has online programs and forums, as well as a range of digital information resources.

Using the search page, you can navigate to various resources and services for help if you're experiencing mental health concerns or trying to support someone else. If you're not sure where to start, you can also use Sam the Chatbot. Sam provides tailored recommendations on information and services that best suit your needs.

Some of the support services available are listed below:

Lifeline 131114

Beyond Blue 1300 224 636

Men's Line Australia 1300 789 978

Kids Helpline 1800 551 800

Headspace 1800 650 890

The COVID-19 event is a rapidly evolving situation. With that in mind, TLC and our staff along with local and national health department officials and the Australian Skills Quality Authority continue to work together to review practices and make plans for the protection of us all.

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For further information we recommend the following useful sources of information:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.health.qld.gov.au/news-events/news/novel-coronavirus-covid-19-sars-queensland-australia-how-to-understand-protect-prevent-spread-symptoms-treatment>

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-fags.aspx>

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

<https://www.facebook.com/healthgovau>

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-for-schools-and-early-childhood-centres>

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-for-universities-higher-education-and-vocational-education-facilities>

The phone number of your state or territory public health authority is available at:

<https://www.health.gov.au/about-us/contact-us/local-state-and-territory-health-departments>

**Coronavirus Health Information Line** Call this line if you are seeking information on novel coronavirus. The line operates 24 hours a day, seven days a week. Ph: 1800 020 080