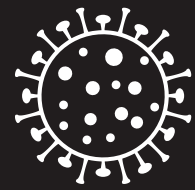


# Coronavirus (COVID-19) Updated Notice



Coronavirus  
**COVID-19**  
Public Health  
Advice

We would like to reassure our staff, clients and their family members that we are following public health guidelines and we are monitoring the situation on COVID-19 closely. We are working closely with the HSE and other relevant authorities to protect our staff and clients.



*Every Caremark office has an up to date Business Continuity Plan in place and are continually reviewing this so that service delivery can continue without risk. We will provide regular updates as they become available.*

- 1** We are in regular contact with all our care and support workers and clients to ensure that we deal with any issues as quickly as possible.
- 2** All Caremark care and support workers receive comprehensive training before providing care for clients and this includes training on Infection Prevention and Control
- 3** We are providing updates to all our staff as we receive them and all our Care and Support Workers have received refresher training on Infection Control



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# Every person needs to follow these 6 key steps to prevent coronavirus



## Stop

shaking hands or hugging when saying hello or greeting other people



## Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



## Wash

your hands well and often to avoid contamination



## Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



## Avoid

touching eyes, nose, or mouth with unwashed hands



## Clean

and disinfect frequently touched objects and surfaces

**Protection from coronavirus. It's in our hands.**

## More information about COVID-19

### COVID-19

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

### Symptoms of coronavirus

It can take up to 14 days for symptoms of coronavirus to appear. They can be similar to the symptoms of cold and flu. Common symptoms of coronavirus include:

- a fever (high temperature - 38 degrees Celsius or above)
- a cough - this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties

If you are experiencing any of these symptoms, please contact your GP and the Care Manager of your Caremark office. More information on testing can be found [here](#).



*Caremark will continue to monitor the situation very carefully and update you with any further information.*

### Useful Resources

[Updated information from HSE](#)

[HSE Live Helpline](#)

[ALONE Helpline](#)

[HSE Hand Hygiene](#)