

Australian Parkinson's Mission

Coronavirus Information for Patients (clinical trial, clinical practice, and research)

Coronavirus (COVID-19) is a new virus that can cause an infection in people, including a severe respiratory illness.

The most recently discovered coronavirus causes coronavirus disease COVID-19.

As this is a rapidly changing situation, please visit the Department of Health and Human Services website for the latest updates, including advice on symptoms and precautions.

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

<https://www.australia.gov.au/>

Visiting the APM Clinical Trial Sites during this time

We would like to reassure our patients and visitors that we have robust infection control measures in place, and it is safe to attend the APM Clinical Trial Sites. Our clinical teams and indeed all our employees follow infection control processes to protect themselves and others.

The risk to patients attending any health service is extremely low as we have the ability to isolate unwell patients.

The Australian Parkinson's Mission is aiming to open our clinical trial sites from late Q2 2020.

If you suspect you may have the coronavirus disease (COVID-19), please contact the Department of Health and Human Services coronavirus hotline on 1800 675 398 before attending a hospital emergency department or general practitioner doctor's appointment.

If you are unwell, please do not attend your scheduled appointment at the APM Clinical Trial Site, and call your physician to reschedule.

If your appointment has to be rescheduled by the APM Clinical Trial Site as the clinic is closed temporarily, the clinic staff (research personnel or clinical trial coordinator) will call you to alert you of the closure and to reschedule your appointment.

When to seek diagnosis as you may have been infected:

If you have:

- flu-like symptoms;
- travelled overseas in the last 14 days; or
- been in close contact* with a person who has tested positive for COVID-19
- You have severe community-acquired pneumonia and there is no clear cause
- You are a healthcare worker who works directly with patients and you have a respiratory illness and a fever

contact your local hospital for further advice or call the hotline on **1800 675 398**

*Note: close contact is defined as greater than 15 minutes face-to-face contact in any setting with a confirmed case in the period extending from 24 hours before onset of symptoms in the confirmed case, or sharing of a closed space with a confirmed case for a prolonged period (e.g. more than two hours) in the period extending from 24 hours before onset of symptoms in the confirmed case.

Everyone, including individuals with medical conditions, should use basic infection prevention guidelines to minimise the risk of getting or spreading coronavirus.

Essential Messages:

- To help stop the spread of coronavirus, stay 1.5 metres away from others where possible, wash your hands regularly for at least 20 seconds with soap and water, avoid touching your face and if sick, stay home.

- Non-essential mass gatherings are banned for groups of more than 500 people outdoors, or more than 100 indoors.
- There are restrictions on visitors to Residential Aged Care Facilities to protect older Australians. Please check with individual facilities for further information.
- From 9pm AEDT 20 March 2020, our borders are closed except for Australian citizens, residents and immediate family members. All arrivals into Australia are required to self-isolate for 14 days, either at home or in a hotel.

Thirteen ways to reduce your risk of coronavirus

- Practice social distancing (1.5M between each person)
- Wash hands often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer.
- Try not to touch your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- Isolate yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- Phone your GP first if you need medical attention. They will tell you what to do.
- Continue healthy habits: exercise, drink water, and get plenty of sleep
- Don't wear a face mask if you are well.
- Buy an alcohol-based hand sanitiser with over 60 per cent alcohol.
- Get the flu shot from your GP (available from April).
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact with people who are sick.
- Shaking hands is optional!

Additional resources

<https://www.racgp.org.au/coronavirus>

PATIENT ALERT

Please read before entering the practice



If you have **ANY** of these symptoms

- **fever**
- **cough**
- **sore throat**
- **shortness of breath**



AND

- travelled internationally in the 14 days before getting sick



OR

- had contact with **someone diagnosed with or suspected of having coronavirus** in the 14 days before getting sick



Please do not enter the practice



Call reception on

You will be asked some questions and provided information on what to do next.

This will help protect the health and safety of you and others.

Thank you for your cooperation.



Royal Australian College of General Practitioners

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Healthy Profession.
Healthy Australia.