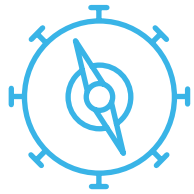


# Acute Respiratory Infections (ARI) Navigation Plan →



# Acute Respiratory Infections

This plan responds to the level of risk and exposure identified, from no known risk to significant risk, and positive cases. These measures are designed to ensure the ongoing safety and wellbeing of residents, their families and staff.



# Visiting (page 1 of 2) This plan will remain dynamic to ensure NSW & ACT Health expectations and directives are considered.



	<b>Blue Zone</b> No known risk	<b>Green Zone</b> Increased local ARI activity	<b>Amber Zone</b> Exposure risk	<b>Red Zone</b> Confirmed exposure	<b>Red Room</b> Significant risk	<b>Restricted Room</b> Positive case
<b>Visitation according to infection risk</b>	<b>Unrestricted visits.</b> No masks or testing required. Visitor declaration to be signed.	<b>Minimal restrictions.</b> To facilitate safer visits, visitors will be asked to wear masks, undergo RAT testing, and sign a visitor declaration. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	<b>Restrictions may apply.</b> Unrestricted visiting for partners in care, end-of-life and compassionate visits. Garden visits with physical distancing preferred. Visitors must wear two points of PPE, even in outdoor areas and undergo testing. Young (inability to wear PPE) children must be supervised if visiting.	<b>Restrictions apply.</b> Minimal visitors. Exception: End of life, partners in care and emotional support visits when safe to do so. Garden visits preferred. Visitors must wear four points of PPE and undergo testing. Children are not permitted in a red zone.	<b>Restrictions apply.</b> Generally, no visitors. There are circumstances when a partner in care may be able to visit and/or an emotional support visit may take place, dependent on resident needs, local knowledge, and facility layout. Visitors must wear four points of PPE and undergo testing. Children are not permitted in a red room.	<b>Restrictions apply.</b> Generally, no visitors. Extraordinary circumstances may occur when a partner in care, end of life or emotional visit may take place with NSW & ACT Health consent as appropriate. Visitors must wear five points of PPE and undergo testing.*

\*Exception may apply to end-of-life cases only

# Visiting (page 2 of 2) This plan will remain dynamic to ensure NSW & ACT Health expectations and directives are considered.



	<b>Blue Zone</b> No known risk	<b>Green Zone</b> Increased local ARI activity	<b>Amber Zone</b> Exposure risk	<b>Red Zone</b> Confirmed exposure	<b>Red Room</b> Significant risk	<b>Restricted Room</b> Positive case
<b>Resident outings according to infection risk</b>	No restriction to outings.	Residents may choose to leave the facility at any time. However, when the level of risk in the community is considered high, residents are strongly advised against leaving, unless seeking urgent medical treatment.  Because risk assessment is an individualised process, we cannot give a definitive answer in relation to testing, physical distancing and if necessary, isolation. However, it is reasonable to suggest that if there are high transmission rates within the community, a period of isolation on return may be likely.  If a resident does choose to leave the facility, they will be provided with appropriate PPE, infection control and mask wearing advice. However, family members are asked to assist the resident in maintaining their safety.	Follow NSW & ACT Health isolation guidelines.	Follow NSW & ACT Health isolation guidelines.	Follow NSW & ACT Health isolation guidelines.	

# Resident Engagement (page 1 of 2)



	<b>Blue Zone</b> No known risk	<b>Green Zone</b> Increased local ARI activity	<b>Amber Zone</b> Exposure risk	<b>Red Zone</b> Confirmed exposure	<b>Red Room</b> Significant risk	<b>Restricted Room</b> Positive case
<b>Access and movement</b>	Unrestricted movement around the home and community.	Usual movement and access, nil changes.	Exposed residents can choose to leave their room to eat in the dining room and participate in social activities with other residents within the same zone. Residents encouraged to exercise in corridors, use garden areas and communal rooms. Infections Navigation Plan will be in place to support physical distancing and resident safety.	Exposed and at high risk residents must isolate in their rooms for 7 days from exposure risk. Access to balconies and garden areas will be encouraged in line with Infections Navigation Plan (e.g physical distancing and safe entry and exit points, resident needs and preferences).  Unexposed residents can choose to leave their room to eat in the dining room and participate in social activities with other unexposed residents within the same zone.	Residents must isolate in their rooms for 7 days from exposure risk or while they still have symptoms, with access to their balcony and potentially garden – based on an individualised risk assessment including potential impact on other residents. Door to resident room to remain closed.  Residents with the same condition can choose to engage in social activities together if they are well enough to do so and if they can be kept separated from residents who are exposed or unaffected.	Residents must isolate for 7 days from symptom onset or test date if asymptomatic.  Release from isolation after Day 7 if no symptoms for 24hrs – no testing required.  Resident should be able to sit on their balcony – based on an individualised risk assessment including impact on other residents. Residents with the same condition can choose to engage in social activities together if they are well enough to do so and if they can be kept separated from residents who are exposed or unaffected.  Where possible residents should wear a mask for up to 10 days after they test positive to infection, particularly when there are other people around and in communal areas.

# Resident Engagement (page 2 of 2)



	<b>Blue Zone</b> No known risk	<b>Green Zone</b> Increased local ARI activity	<b>Amber Zone</b> Exposure risk	<b>Red Zone</b> Confirmed exposure	<b>Red Room</b> Significant risk	<b>Restricted Room</b> Positive case
<b>Engagement and purposeful living activities</b>	Engagement and purposeful living activities as per individual resident's care plan and preferences and home calendar.	Engagement and purposeful living activities as per individual resident's care plan and preferences and home calendar.	Small group activities with physical distancing and increased hard surface cleaning.	Residents to be encouraged to undertake exercises in their room supported by care and/or lifestyle staff. Provide an exercise prompt sheet.  Activity packs will be provided based on resident's preferences, interests and level of ability. Video calls to be facilitated between residents and significant others where possible.	Residents to be encouraged to undertake exercises in their room supported by care and/or lifestyle staff. Provide an exercise prompt sheet.  Activity packs will be provided based on resident's preferences, interests and level of ability. Video calls to be facilitated between residents and significant others where possible.	Residents to be encouraged to undertake exercises in their room supported by care and/or lifestyle staff. Provide an exercise prompt sheet.  Activity packs will be provided based on resident's preferences, interests and level of ability. Video calls to be facilitated between residents and significant others where possible.







# Testing



	<b>Blue Zone</b> No known risk	<b>Green Zone</b> Increased local ARI activity	<b>Amber Zone</b> Exposure risk	<b>Red Zone</b> Confirmed exposure	<b>Red Room</b> Significant risk	<b>Restricted Room</b> Positive case
<b>Residents – with consent</b>	<p><b>No testing necessary.</b></p> <p>Only RAT if a resident becomes unwell or if respiratory symptoms develop or if a resident has been exposed to an infectious visitor or staff member.</p>	<p><b>No testing necessary.</b></p> <p>Only RAT if a resident becomes unwell or if respiratory symptoms develop or if a resident has been exposed to an infectious visitor or staff member.</p>	<p><b>Low to some risk of Acute Respiratory Infections.</b></p> <p>Immediately RAT all residents who have had contact with the suspected case. If initial RATs are negative, RAT at least every 2nd day from Day 0 - 7, before the resident leaves their room.</p> <p>Baseline and Day 6 PCR. If results from Day 7 RATs are negative, revert to GREEN zone.</p>	<p><b>Risk of Acute Respiratory Infections.</b></p> <p>Immediately RAT all residents in the impacted area of the facility. Baseline and Day 6 PCR. If resident/s remain negative after Day 6 PCR return to AMBER after Day 7. Day 8 – 14, RAT every 2-3 days. If resident/s remain negative after Day 14 RAT, return to GREEN.</p> <p>Change to Restricted Room if residents' RAT or PCR positive and/or symptoms develop.</p>	<p><b>High risk of Acute Respiratory Infections.</b></p> <p>RATs and PCRs will be repeated based on the assessed risk and ongoing clinical findings, until Day 7. If initial RAT is negative, baseline and Day 6 PCR. If resident remains negative after Day 6 PCR resident can de-isolate after Day 7. Day 8 – 14, RAT every 2-3 days. If symptoms develop, RAT and PCR.</p>	<p><b>Diagnosis of Acute Respiratory Infections PCR, RAT and/or symptoms.</b></p> <p>Once positive PCR is received, no further swabbing is necessary for a positive case.</p>

# Services and Activities (page 1 of 2)









	<b>Blue Zone</b> No known risk 	<b>Green Zone</b> Increased local ARI activity 	<b>Amber Zone</b> Exposure risk 	<b>Red Zone</b> Confirmed exposure 	<b>Red Room</b> Significant risk 	<b>Restricted Room</b> Positive case 
<b>Hairdresser</b>	Normal service.	Normal service. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Yes – subject to Infections Navigation Plan including wearing of PPE, surface and product cleaning in between clients.	No.	No.	No.
<b>Church and religious services</b>	Normal service.	Normal service. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Yes – 4 sqm rule applies and will need to be determined at a facility level. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Yes – for end-of-life care only in resident's room. Room to be well-ventilated, four points of PPE to be worn for last rites and hand holding during prayers.	Yes – for end-of-life care only in resident's room. Room to be well-ventilated, four points of PPE to be worn for last rites and hand holding during prayers.	Yes – for end-of-life care only in resident's room, if permitted by NSW & ACT Health. Room to be well-ventilated, five points of PPE to be worn for last rites and hand holding during prayers.
<b>Volunteers/ Pastoral Carers</b>	Normal service.	Normal service. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Yes – any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Possible, following a risk assessment and residents' preferences. NSW & ACT Health will be observed and implemented as a minimum.	Possible, following a risk assessment and residents' preferences. NSW & ACT Health will be observed and implemented as a minimum.	No, except for end-of-life and NSW & ACT Health approval.



# Services and Activities (page 2 of 2)



	<b>Blue Zone</b> No known risk 	<b>Green Zone</b> Increased local ARI activity 	<b>Amber Zone</b> Exposure risk 	<b>Red Zone</b> Confirmed exposure 	<b>Red Room</b> Significant risk 	<b>Restricted Room</b> Positive case 
<b>Singing/ Entertainers</b>	Normal service.	Normal service. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Dependent on outdoor space – this may be possible if an infection-safe environment can be maintained (e.g physical distancing, RAT/PCR testing).	No.	N/A	N/A
<b>Bus trips</b>	Normal service.	Normal service. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	May be restricted to scenic bus trips. Ensure windows are open and bus is well ventilated.  Physical distancing on the bus.	No.	No.	No.







# Dining, nutrition and supplements



	<b>Blue Zone</b> No known risk	<b>Green Zone</b> Increased local ARI activity	<b>Amber Zone</b> Exposure risk	<b>Red Zone</b> Confirmed exposure	<b>Red Room</b> Significant risk	<b>Restricted Room</b> Positive case
<b>Dining and Supplements</b>	Normal service.	Normal service.  Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Exposed residents can choose to leave their room to eat in the dining room and participate in social activities with other residents within the same zone.  Additional supplements for those residents choosing not to leave their room and consider high protein diets. Offer additional hydration rounds and finger foods.	Exposed and at high-risk residents must isolate in their rooms for 7 days from exposure risk.  Unexposed residents can choose to leave their room to eat in the dining room and participate in social activities with other unexposed residents within the same zone.  Additional hydration and supplement rounds, finger foods and snacks – as per resident’s needs and preferences.	In-room dining.  Additional hydration and supplement rounds, finger foods and snacks – as per resident’s needs and preferences.	In-room dining.  Additional hydration and supplement rounds, finger foods and snacks – as per resident’s needs and preferences.

# Personal Protective Equipment (PPE) for staff



	<b>Blue Zone</b> No known risk 	<b>Green Zone</b> Increased local ARI activity 	<b>Amber Zone</b> Exposure risk 	<b>Red Zone</b> Confirmed exposure 	<b>Red Room</b> Significant risk 	<b>Restricted Room</b> Positive case 
<b>Corridors and communal areas</b>	No masks required.	Surgical or P2/N95 mask as determined by community risk.	Two points PPE – P2/N95 mask and possibly goggles.	Four points of PPE at all times – mask, glasses (or face shield), gown, and gloves.	N/A	N/A
<b>Resident room</b>	Normal IPC Personal Protective Equipment (PPE) in use when delivering personal/clinical care.	Surgical or P2/N95 mask as determined by community risk.  Normal IPC Personal Protective Equipment (PPE) in use when delivering personal/clinical care.	Two points PPE – P2/N95 mask and possibly goggles.  Normal IPC Personal Protective Equipment (PPE) in use when delivering personal/clinical care.	Four points of PPE at all times – mask, glasses (or face shield), gown, and gloves.	Four points of PPE (mask, glasses/face shield, gown, and gloves).  Add face shield if the resident shows aerosol-generating behaviours.	Five points of PPE (face shield, mask, glasses, gown, and gloves).

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