

Mental Health Inpatient Services

Our priority is the safety, health and wellbeing of everyone during the COVID-19 pandemic.



What is Coronavirus (COVID-19)?

COVID-19 is a virus which causes respiratory infections and flu-like symptoms. Because it is a new virus, the general population has no immunity and it can spread very quickly from person to person.

What are the symptoms?

- Fever (temperature of 38°C or above)
- Sore throat
- Cough
- Tiredness
- Difficulty breathing

How does COVID-19 affect consumers and visitors?

To help protect our consumers and visitors, we have made changes to 'Approved Leave' and hospital visiting arrangements as follows:

- There will be no approved community leave for inpatient consumers.
- Every consumer will be closely monitored for flu-like symptoms and may have their temperature taken more frequently than usual.
- We ask that consumers are only visited by their partner, carer, guardian or nominated significant other and that they only have one visitor per day. Please contact the Mental Health Inpatient Unit to register your intention to visit and to be advised of any requirements that the hospitals may have in place for COVID-19 management (phone numbers are on the next page).
- Every visitor will be screened when arriving at the hospital and/or before entering the in-patient unit. Visitors will be asked questions such as "Are you experiencing flu-like symptoms (sore throat, dry cough, fever)? Have you been overseas in the last 14 days? Have you been in contact with a potential, suspected, or confirmed case of COVID-19?". Their temperature may also be taken.
- During your visit, it is important for the health of everyone that social distancing requirements are adhered to, otherwise you may be asked to leave.

We understand how important it is for consumers to have regular contact with their family and friends. If visitors are unable to enter the unit due to health concerns, phone calls can be used as an alternate way to stay in touch.

What everyone needs to do:

1. Handwashing routine:
 - It is important to have a consistent and regular routine. This means washing your hands for at least 20 seconds with soap and water. (Alcohol-based rub is also acceptable).
2. Coughing and sneezing:
 - Turn your head away from those nearest to you and cough and sneeze into a tissue or your elbow.
 - Dispose of tissues and wash your hands again for at least 20 seconds with soap and water.
3. Social Distancing:
 - The more space between you and others, the harder it is for the virus to spread.
 - We need to keep 1.5 metres away from other people and avoid shaking hands, hugging and kissing.

ALL UNITS ARE NON-SMOKING

Please speak to your clinician regarding options for nicotine replacement therapy.

Support for consumers and carers

The COVID-19 pandemic is a worrying time for everyone. If you have any concerns, please speak to a staff member.

There are a lot of resources available to support carers and consumers such as:

- The Recovery and Wellbeing College (The College) are updating their Facebook page regularly to provide information on self-care, staying healthy and making informed choices especially during the COVID-19 pandemic as well as providing online groups and workshops. Generally the college is open to those 18 years of age and over, however during this time The College has extended their eligibility to include people 16 years of age and over.
<https://www.facebook.com/SESLHDRRecoveryCollege/>.
- The Black Dog Institute <https://blackdoginstitute.org.au/> has information for managing anxiety, stress and wellbeing caused by the COVID-19 pandemic.
- Beyond Blue <https://coronavirus.beyondblue.org.au/> 1800 512 348
- The NSW Official Visitors Program is for carers, family, friends and other people with an interest in the care of treatment of consumers. Consumers and their families or carers may contact the Official Visitors Program at anytime by calling 1800 208 218
- Support for families, carers and consumers: SANE Australia 1800 187 263 or <http://www.sane.org.au>

Further information and resources for COVID-19:

- Aboriginal health resources and resources in other languages please go to www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx
- Frequently asked questions relating to COVID-19: preview.nsw.gov.au/covid-19
- National Coronavirus Health Information line 1800 020 080
www.health.gov.au OR www.health.nsw.gov.au

Contact details for Mental Health Inpatient Units

Prince of Wales Hospital (02) 9382 2222	St George Hospital (02) 9113 1111	The Sutherland Hospital (02) 9540 7111
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Other resources

NSW Mental Health Line 1800 011 511	1800Respect: 1800 737 732 Sexual assault, domestic and family violence counselling service
Translating or Interpreting Services 131 450	Health Care Direct for general health advice 1800 022 222

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