

-FOR IMMEDIATE RELEASE-

23 March 2020:

COVID-19 UPDATE 23RD MARCH 2020 – HOW OUR RESIDENTS CAN MAKE A DIFFERENCE

The COVID-19 outbreak has been declared a Global Pandemic by the World Health Organisation and it continues to create massive disruption across the world. Australian Health Authorities and Governments both Federal and State are issuing directives and guidelines on community behaviour daily.

Cootamundra-Gundagai Regional Council mayor Cr Abb McAlister said he wanted to encourage residents to follow the social distancing and hygiene announcements.

“We are in uncharted waters, daily the situation evolves and we all have to take measures to combat this virus,” Cr Abb McAlister said.

“The CGRC team, are working on advice from Health authorities and looking at what Council can do to make our region as safe as it can be. We can’t do that, unless our residents take this seriously and follow the social distancing and hygiene strategies put forward by the health authorities. I urge all residents to think about their safety and the safety of others,” Cr McAlister added.

Cootamundra-Gundagai Regional Council requests that face to face contact with our Customer Service Team be kept to essential contact only. For day to day transactions such as payments of rates, applications and general requests online options are available via Council’s website or Council can be contacted by phone 1300 459 689 or email mail@cgrc.nsw.nsw.gov.au during office hours. For out of hours emergencies, residents can still contact Council by phone 1300 459 689.

If you are ill, please do not visit a Council venue.

We can all help to slow the spread of COVID-19 in Australia. If you believe you may have contracted the COVID-19 virus (returned travellers/had contact with a confirmed case/showing symptoms: fever, sore throat, dry cough and shortness of breath) you should:

- call HealthDirect 1800 022 222 or
- call the Murrumbidgee COVID-19 Hotline 1800 831 099 or
- contact/phone your GP, advise them in advance if you have symptoms
- If you are sick – stay away from others.

HYGIENE

Practice food, hand and sneeze/cough hygiene;

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser, and
- if unwell, avoid contact with others (stay more than 1.5 metres from people).

SOCIAL DISTANCING

Social distancing is an effective measure, but it is recognised that it cannot be practised in all situations and the aim is to generally reduce potential for transmission.

While practising social distancing, people can travel to work (including public transport). For non-essential activities outside the workplace or attendance at schools, universities and childcare – social distancing includes:

- avoiding crowds and mass gatherings where it is difficult to keep the appropriate distance away from others
- avoiding small gatherings in enclosed spaces, for example family celebrations
- attempting to keep a distance of 1.5 metres between themselves and other people where possible, for example when they are out and about in public place.
- avoiding shaking hands, hugging, or kissing other people
- avoiding visiting vulnerable people, such as those in aged care facilities or hospitals, infants, or people with compromised immune systems due to illness or medical treatment

SELF-ISOLATION

If you have been diagnosed with COVID-19, you must stay at home to prevent it spreading to other people.

You will be directed to stay at home if you may have been exposed to the virus - Recently travelled from overseas, or been in contact with someone who has the virus.

Staying at home means you:

- Do not go to public places such as work, school, shopping centres, childcare or university
- Ask someone to get food and other necessities for you and leave them at your front door
- Do not let visitors in — only people who usually live with you should be in your home
- You do not need to wear a mask in your home. If you need to go out to seek medical attention, wear a surgical mask (if you have one) to protect others.
- You should stay in touch by phone and on-line with your family and friends.

BULK-BUYING

There is no need to bulk-buy products at supermarkets including toilet paper, paracetamol and canned food.

It is prudent for households to have a small stock of non-perishable groceries to cover the event that in the coming months the household has been asked to self-isolate for 14 days. However, it's important to note the role of family and friends in supporting those in isolation.

Residents are encouraged to keep up to date by checking the CGRC website regularly. www.cgrc.nsw.gov.au or www.health.nsw.gov.au

Photo and Caption:

Cootamundra-Gundagai Regional Council requests that cash transactions be kept to a minimum, and encourage the use of online payments or EFTPOS.

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Cootamundra-Gundagai Regional Council
www.cgrc.nsw.gov.au

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