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Insightful nutrition advice to improve health.

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Nutrition Insight COVID SAFE Plan

Nutrition Insight has implemented a COVID SAFE plan to comply with Australian Government guidelines to protect the health and safety of clients and staff as outlined:

Staff

- Staff will complete the COVID infection control training as per the Australian Government Department of Health
- Staff will download the COVID -19 app
- Staff will not attend work if they are unwell
- Staff will be required to have the influenza vaccination
- If respiratory symptoms are present staff will undergo COVID-19 testing
- Staff will self isolate until well or they receive negative COVID-19 result or as directed by department of health officials

Hygiene

- Staff will comply with cough etiquette (cough / sneeze into elbow or tissue)
- Hand washing with either recommended hand sanitiser or soap for 20 seconds regularly throughout the day and after touching their face or client contact
- Staff will avoid touching their face
- Frequently touched surfaces will be cleaned and disinfected with alcohol wipes between episodes of care (including desks, tables, door knobs, hicaps terminal, chairs, equipment such as scales, tape measures)
- Hand washing facilities / hand sanitiser will be available for clients' use at all venues

Screening

- Prior to client consultations and group attendance the following questions will be asked:
 - Have you been unwell?
 - Have you recently returned from overseas travel?
 - Have you been in contact with anyone who has COVID-19?

Social Distancing

- Maintain social distance of 1.5 m
- No unnecessary physical contact such as hugging and handshaking

Groups

- Participants will be required to sign in and registers will be maintained for 28 days
- Participants will be required to wash their hands on arrival
- Groups sizes will be established based on the venue's capacity to allow 4m square per participant
- Numbers will be limited in line with current government guidelines
- Seating will be pre-arranged to accommodate 1.5m social distance
- Participants will be reminded about hygiene and cough etiquette at the start of each session and asked to remain at home if sick
- Participants will be asked to bring their own pens and work books
- Food and drinks will not be shared
- Participants will be asked to bring their own drinks and refreshments including cups and water bottles
- Group time will be strictly limited to 2 hours
- Steps will be taken to maximise venue ventilation

Reference:

(<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/physical-distancing-for-coronavirus-covid-19>)