

15 July 2021

Dear Arcare Community,

After a spike of cases in recent days, Melbournians are once again required to observe Stage 4 restrictions for at least 5 days to curb the spread of COVID-19 – starting midnight tonight ending midnight Tuesday 20<sup>th</sup> July at this point. This means our Residences will also be going into lockdown.

I recognise the news is tough to hear and that the various aspects of the announcements will have different implications for everyone. We have been here before and we will get through this together as a community.

This will mean a **restriction on visitation unless your visit meets the exceptional criteria outlined below**. This includes non-essential services such as hairdressers, beauticians, and entertainers. This will be reviewed next week, or sooner if additional directions come from the Victorian Department of Health. Visitation will be allowed if it meets the following criteria:

1. End of life visits
2. Specified purposes including:
  - Provide essential care of support for the resident's immediate physical or emotional wellbeing, including support for people living with dementia
  - As a nominated person (as defined in the Mental Health Act 2014) including support for people living with dementia
  - As an interpreter to provide language support
  - To learn to support the patient or resident's care upon discharge.

If you had a planned visit, or you have other exceptional needs that have been granted during previous restrictions, we encourage you to contact your Residence Manager to discuss further.

Note:

- **People to stay within 5km of their home for all non-essential health or work purposes.** The five reasons to leave your home: are shopping; authorised work/education; exercise (2-hour limit); care giving / medical; and to get vaccinated. Check out vaccination centres [here](#)
- **Team members will once again wear face shields and be strongly encouraged to participate in proactive swabbing for COVID-19** while working.
- We strongly advise that everyone is mindful of correct COVID-19 prevention methods especially social distancing (1.5 metres), hand washing and wearing masks.
- If you need support or need to speak to someone, contact the Older Persons Advisory Network [here](#); Head to Health [here](#) or Beyond Blue on 1800 512 348 or [here](#).
- If you are feeling unwell or have been in close contact with someone who has tested positive to COVID-19, please get tested for COVID-19 as soon as possible.

We thank you again for your support and hope that you stay safe.

Yours sincerely,



**Colin Singh**  
Chief Executive Officer, Arcare