



Noho ora pai ana I te koroheke
Living well with Dementia

Dementia Canterbury Handout for clients re Covid-19 Virus

At Dementia Canterbury we aim for our response to Covid-19 to be both appropriate and considered as we are in regular contact with the Ministry of Health and CDHB.

What to do for now:

- If you are unwell at all, please DON'T come into Dementia Canterbury or attend groups in the community
- If you are required to self-isolate because of travel or exposure, then you must do so
- If you are feeling unsure or uneasy about attending either a group or an appointment at Dementia Canterbury we absolutely understand and respect that. Please inform us by phoning 03 3792590, or email admin@dementiacanterbury.org.nz

Our best method of managing Covid-19 is PREVENTION by:

- Avoiding close contact with people suffering from any acute respiratory infection
- Regular handwashing (with hot, soapy water for 20 seconds) then dry thoroughly preferably with a paper towel
- Using hand sanitisers regularly, when handwashing isn't possible
- Avoiding close contact with people (handshakes etc)
- Practicing cough etiquette (maintain distance, cover coughs and sneezes with elbow, disposable tissues or clothing, and wash and dry hands)
- Putting used tissues in the bin
- Avoiding touching your eyes, nose and mouth
- Cleaning and disinfecting frequently-touched surfaces and objects (such as doorknobs, telephones, steering-wheels)
- Drinking plenty of water, which is good for your overall health
- Having a 'Flu Vaccination. Although this will not prevent you from getting the Covid-19 Virus, it will help to ensure you are less vulnerable to it AND will help to keep valuable hospital beds available for those who are acutely unwell this winter
- Talking with us at Dementia Canterbury to seek guidance if necessary - **PH 03 379 2590**
- Keeping informed with accurate information via: www.health.govt.nz

Dedicated Healthline: 0800 358 5453

Stay Well – Warmest Wishes from the Dementia Canterbury Team