

FROM THE PRACTICE MANAGER

How quickly time goes by, it's hard to believe that it's March already!

This newsletter comes at a time where there is worldwide concern around the spread of Coronavirus also known as COVID-19.

Here at Eton Place we have increased our infection control measures and made some changes to our cancellation policy to allow for unforeseen illness or self-isolation. If have any queries or concerns please call the clinic on 3736 1268

Here are some key points about COVID-19 that your may like to share with your children

It's a word you might have heard
at school or online or on T.V.



This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

A lot of the symptoms are similar to the **flu** (which you might have had before!)



Dry, itchy cough



Fever



Kinda hard to breathe

Most people who have gotten sick with this coronavirus have had a **mild** case.

And there aren't a lot of cases in **kids**. If kids do get the virus, it tends to be **very mild**.

People who are **much older** or who already have **health problems** are **more likely** to get **sicker** with coronavirus.

If anyone gets sick and feels like they might have coronavirus, they can **immediately** call their **doctors** and **get help**.



WHAT ABOUT DAD AND MOM AND GRANDPA AND GRANDMA AND UNCLE AND AUNTIE !!!

WELL WHAT'S THE VERDICT DOC?



YOU'RE OK!



There are some things you can do to protect yourself, family and friends from getting sick.

① WASH YOUR HANDS OFTEN

★ USE SOAP AND WATER

★ WASH FOR AT LEAST 20 SECONDS.

IF IT HELPS, SING THE ABC'S WHILE YOU DO IT—THAT'S ABOUT 20 SECONDS.

★ WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE BUS OR PLAYGROUND).

★ TRY TO GET INTO ALL THE NOOKS + CRANNIES!



② SNEEZE INTO YOUR ELBOWS

★ CORONAVIRUS IS BELIEVED TO SPREAD THROUGH **LITTLE DROPLETS** OF FLUID FROM YOUR LUNGS.

★ IF YOU SNEEZE INTO YOUR **ELBOWS**, YOU CAN PREVENT GERMS FROM GOING INTO THE AIR AND ONTO YOUR HANDS.



③ AVOID TOUCHING YOUR FACE

★ DON'T PICK YOUR NOSE, DON'T TOUCH YOUR MOUTH, DON'T RUB YOUR EYES.

★ THESE ARE THE PLACES WHERE **GERMS** ENTER OUR BODIES.



It's very important to remember that this kind of virus can affect

ANYBODY.

AND DON'T FORGET!

There are a LOT of helpers out there who are working to protect you. It is NOT your job to worry.



But seriously, though...
PLEASE wash your hands!!!

Staff and Eton Place.

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