



BAYSIDE HEALTHY LIVING

Transform your life

COVID-19 (Coronavirus)

To our valued clients,

Thank you for your patience, support and understanding as we continue to deal with the impacts of the COVID-19 virus pandemic.

As an *essential service*, Bayside Healthy Living will continue to be **OPEN** through **STAGE 4** restrictions and have a [COVID Safe Plan](#) in action for best practice in line with the latest guidelines being provided by the government. We would like to reassure you that all of our therapists have your health and wellbeing as their highest priority.

Online or Face-to-Face sessions. In accordance with Stage 4 rules that you 'must stay at home', we are providing services via Zoom, FaceTime or Skype. Face-to-face sessions are also available for those who require them, and this will be discussed at the time of booking.

What does this mean for you? Travel Permits will be provided for those attending face-to-face sessions at the Clinic. We ask that you please arrive on time so that there is adequate time for cleaning between sessions. Face coverings are mandatory for your arrival at the Clinic, where our therapists will take your temperature and ask you to fill answer a short COVID-19 Health Screen Questionnaire which forms part of the condition of entry. Staff will wear face coverings when you are present and only take them off at your request and when the 4 square metre distancing practice is in place. Staff will also take the time between client visits to wash their hands and to wipe over surfaces. They will not attend work if they have cold or flu symptoms.

What does this mean for us? We ask that you are aware of your own physical distancing, hand hygiene and health status, and kindly notify us in advance if you are feeling unwell and need to reschedule your session.

As the Director of Bayside Healthy Living, I'd like to thank you for continuing to support our business through these challenging times. We greatly appreciate your kindness, patience and understanding.

We also encourage you to access the latest updates, advice and resources to help stay safe during COVID-19 here: <https://www.dhhs.vic.gov.au/coronavirus>



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Managing the risks from COVID-19

The model Work Health and Safety (WHS) laws require businesses to ensure, as far as is reasonably practicable the health and safety of those working in the business as well as others. This includes providing and maintaining a work environment that is without risk to health and safety. To comply businesses must identify risks and where reasonably practical eliminate or minimise those risks.



Exposure to COVID-19 is a potential hazard to staff and others at workplaces and the following procedure has now been implemented.

Recommended personal measures to minimise risk include:

- Cleaning your hands with soap and water for 20 seconds, or an alcohol-based hand rub when soap and water is not available
- Covering your nose and mouth when coughing and sneezing, into a tissue or a flexed elbow. Discarding any tissues into a bin after a single-use
- Avoiding contact with anyone with flu or cold-like symptoms
- Maintaining a minimum distance of 1m from others where practical
- Avoiding confined spaces such as airplanes where practical
- If you feel unwell, think you have symptoms of the virus or have been in contact with a person who may have been ill, do not come to work, isolate and contact your GP.

All is well.

Everything is working out for my highest good.

Out of this situation only good will come.

Louise L. Hay

CLEAN HANDS **SAVE LIVES**

6 steps to successful everyday hand washing



Rub hands palm to palm.



Rub hands palm to palm
with fingers interlaced.



In a circular motion rub
the tips of fingers in the
palm of the opposite hand.



Clean thumb by
holding it in the other
hand and rotating.



Interlock fingers and
rub back of fingers
on opposite palms.



Rinse hands
with water.