



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.

We would like to reassure our clientele that we remain **OPEN** as an *essential service* and that our therapists continue to have your health and wellbeing as their highest priority. Our **COVID Safe Plan** remains in action for best practice as we abide by the latest guidelines being provided by the government.

**Online or Face-to-Face sessions.** In accordance with the latest 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 Travel Permits will be provided for those who reside beyond the 5km radius limit.

**What does this mean for you?** When attending in person at the Clinic, we ask that you 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.

**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.

---

*Out of adversity comes opportunity.*

*Benjamin Franklin*

---

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



### Dr Amanda Hordern

R.N., B.N., Grad. Dip. Ed., M.Ed., PhD.,  
NLP Master Practitioner & Trainer  
Nationally Accredited Clinical Hypnotherapist & Supervisor

#### Bayside Healthy Living

108 Willis St, Hampton 3188

[admin@baysidehealthyliving.com.au](mailto:admin@baysidehealthyliving.com.au)

Tel 0404 913 662

[www.baysidehealthyliving.com.au](http://www.baysidehealthyliving.com.au)

To our valued clients,



108 Willis Street, Hampton 3188  
Tel 0404 913 662  
[www.baysidehealthyliving.com.au](http://www.baysidehealthyliving.com.au)  
[admin@baysidehealthyliving.com.au](mailto:admin@baysidehealthyliving.com.au)



# 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.