

Quality Matters — Helpful Tips

Look after yourself as Winter approaches . . .

We are constantly striving for the continuous improvement of health and hygiene standards at the Australian Aged Care Group Pty Ltd (AACG). Everyone (this includes residents, relatives and friends) plays a vital role in helping us achieve this goal.

In the colder months leading up to Winter, we enter the peak time for influenza infections — commonly known as getting ‘the flu’. Flu is caused by a highly contagious virus that is spread by an infected person’s coughs and sneezes, as well as by touching contaminated surfaces.

Flu can spread easily amongst people who live in residential aged care facilities and they are at greater risk of flu complications. To ensure that this is not the case, we need your ongoing support and consideration to enable us to keep the risk low.



Covering a cough or sneeze keeps germs from spreading.

So, please remember to:

- ⇒ Cover your mouth and nose with a tissue when you cough or sneeze;
 - ⇒ Put your used tissue in the rubbish bin;
 - ⇒ Wash your hands with soap and running water;
 - ⇒ Dry your hands thoroughly with a paper towel;
- OR
- ⇒ Cough or sneeze into your upper sleeve, not your hands.

Influenza vaccination: To help reduce the risk of spreading the illness, we encourage everyone to have a flu vaccination. It is important for you to discuss this with your local doctor, who will let you know whether it’s a good idea to do so.