

# COVID-19 update

## COVID-19 News

Adelaide PHN continues to keep general practices and providers up to date with the latest COVID-19 information by providing relevant resources, support, and updates as they become available. Most recent updates include –

### Updates to Close Contact Requirements

The definition of close contact has changed to include someone who:

- Is a household member or intimate partner of a person with COVID-19 during their infectious period
- Has had close personal interaction with a person with COVID-19 for a cumulative period of 4 hours or more during their infectious period:
  - Where masks are not worn by the person and the COVID-19 case and
  - In close physical proximity (within 1.5 metres) and
  - In an indoor setting
- Has been notified by SA Health that they are a close contact
- Has been to an exposure site listed on the SA Health website

In addition, updates have been made to the quarantine requirements for household close contacts.

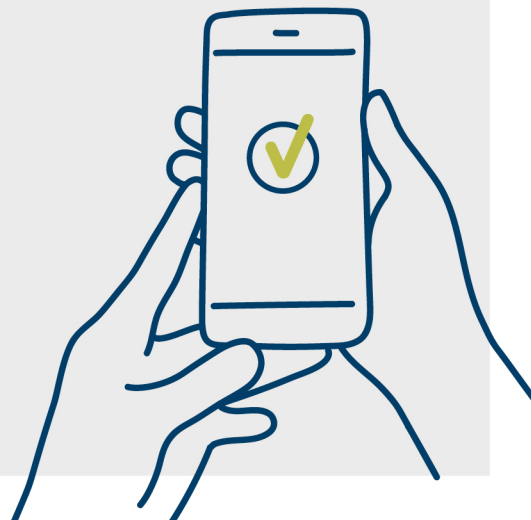
Household contacts of a positive case now only need to quarantine for 7 days. Anyone currently in quarantine in the same house as a positive case and on days 8 to 14 can leave quarantine once they receive a negative COVID-19 test result.

More information is available on the [SA Health website](#).

### Close Contact After Having COVID-19

people who have recovered from COVID-19 will not be considered a close contact for 12 weeks after finishing isolation. After 12 weeks, they will be considered a close contact if they are exposed to COVID-19 and meet the close contact definition.

More information will be available on the [SA Health website](#).



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## COVID-19 and Pregnancy

Pregnant people who go into labour while they have COVID-19 and are booked in to give birth at the Women's and Children's Hospital, Lyell McEwin Hospital or Flinders Medical Centre will be cared for at their booked hospital.

People from regional area, or who are booked in the private sector, may require care at Flinders Medical Centre.

For more information, please visit the [SA Health website](#).

## Multilingual COVID Factsheets

Healthdirect Australia's COVID-19 factsheet poster is now available in multiple languages. The factsheet covers how people can manage mild symptoms at home, including information on when to reach out to other health services if symptoms worsen. The updated languages include Arabic, Assyrian, Bengali, Chinese (both simplified and traditional), Greek, Hindi, Italian, Khmer, Korean, Punjabi, Serbian, Spanish, Turkish and Vietnamese. Resources are available on the [Healthdirect website](#).

## Reminder: Short Term In-Home Nursing Care for COVID Positive Patients

With daily COVID case numbers on the rise, a reminder that home nursing care is available for COVID positive patients who require support that is unable to be provided by their usual GP practice due to COVID. Services may include:

- Wound care
- Medical administration i.e., SC, IV
- Paediatric
- Obstetric/neonatal
- Continence management and TOV

If you are unsure if your patient qualifies for this service, please call the Metropolitan Referral Unit on 1300 110 600. Clinical templates for referral can be found in Adelaide PHN's [Resource Library](#) by searching *in home COVID*. The referral forms are listed as *Referral Form In Home COVID Care* and can be imported to Medical Director, Best Practice or Zedmed.

