

As at Friday 15 January 2021, 8:55 am:

Gold Coast Spine is closely monitoring Australian and QLD Government COVID-19 directions for control and containment of the virus.

Patients with scheduled surgery:

At this time, elective surgery is going ahead as usual. Pindara Private Hospital has limits on the number of visitors to the hospital. If you live in a declared COVID hot spot and have scheduled surgery, we will be in contact to discuss arrangements.

New South Wales:

The QLD border is now closed to 35 Greater Sydney Local Government Areas.

The declared hot spots can be found [here](#).

If you have been in Orange, Nyngan and/or Broken Hill between 2 and 3 January 2021, you should get tested immediately and quarantine at home or at your accommodation until receiving a negative COVID-19 test result.

Details regarding the border restrictions can be found [here](#).

You can enter QLD from NSW (unless you have come from a declared hot spot). You must complete a Border Declaration Pass [here](#) prior to entry.

If you live in a declared COVID hot spot, and have scheduled appointment or surgery, we will contact you to discuss arrangements.

Victoria:

If you have been in Victoria on or since Monday 21 December 2020, you should get tested immediately and quarantine at home or at your accommodation until receiving a negative COVID-19 test result.

QLD hospitals are now closed to visitors who have been in Victoria since 21 December 2020.

COVIDSafeApp:

Gold Coast Spine encourages all our patients with smart phones to download the COVIDSafe App and keep it on while you are out and about.

It will assist us in helping keep you safe as you attend your appointments and come in contact with our staff and other patients. For further details about the App, its use and security, visit:

<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>



Our most vulnerable patients:

The federal government advice for people over 70, people with chronic illness over 60 and Indigenous people over 50 is currently:

"As we move towards a COVIDSafe Australia, it is important for people at greater risk of serious illness if they get COVID-19 to take extra steps to protect themselves. You should maintain good hygiene and take care when interacting with other people. These are the best defences for you and your family against coronavirus."

For more information you can visit:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-older-people>

Looking after our patients and staff:

Our priority is safeguarding the health of our patients and staff.

To assist with this, patients and their support people are not able to come to their appointment if:

1. You or your support person have symptoms of fever, sore throat, cough, fatigue, difficulty breathing, or have lost your sense of smell or taste; OR
2. You or your support person have returned from overseas in the last 14 days; OR
3. You or your support person have returned from the Greater Sydney Area since 11 December or have had close contact with someone who has; OR
4. You or your support person have been in Victoria on or since 21 December; OR
5. You or your support person have tested positive for COVID-19; OR
6. You are awaiting the results of a COVID-19 test (a clearance will be required); OR
7. You or your support person have had close contact with a confirmed COVID-19 case in the last 14 days; OR
7. You or your support person are otherwise unwell (e.g. common cold symptoms).

Please note we are limiting entry to Gold Coast Spine to our patients and one support person. If you are able, we ask that you do not attend with children.

We ask everyone to maintain social distancing (minimum 1.5m) while at Gold Coast Spine.

Heightened safety measures:

We have implemented heightened hygiene processes in our practice, which include:

- Hand sanitiser is available throughout the clinic for staff and patients. Please use it on entry to Gold CoastSpine.
- We undertake hourly surface sanitisation processes through our premises each day.
- In addition to their usual practices, the surgeons will wash their hands before and after they examine you.
- Our surgeon's examination beds are sanitised after each examination.
- Our commercial cleaners have updated their practices based on Australian Government recommendations.

We have also implemented our internal action plan to minimise the risk of unwell staff members attending for work.

Where to find more information:

We recommend anyone with flu-like symptoms or concerns about their health to contact their GP or phone 13 HEALTH for advice. You can also contact the 24/7 Coronavirus health information line: 1800 020 080.

Please help us by following the advice from the Australian Government and supporting the nationwide efforts to control the spread of COVID-19.

More information on COVID-19 can be found here: [health.gov.au](https://www.health.gov.au)