

Planning for COVID



Cocos (Keeling) Islands ► *Fact Sheet*

The Indian Ocean Territories (IOT) COVID Sub-Committee has been planning for our response in the event of the first confirmed COVID case in either or both islands within the IOT. This fact sheet outlines our initial response and what will be required from you while we establish the extent of COVID-19 in the IOT.

An INITIAL outbreak response will be implemented. This minimises further COVID transmission and allows time to trace close contacts of cases, to ensure they are isolated and tested, while further assessing community transmission risks.

This fact sheet outlines what will be required, to assist you with timely planning and preparation.

Different outbreak scenarios will require different responses, so the initial restrictions will allow us to confidently identify the level of risk to our community and implement an appropriate response for the situation.

These initial and ongoing restrictions take into consideration that our communities are more than 95% vaccinated.

Face masks



Face masks must be worn inside public venues, shops, places of worship, workplaces and outside the home by all people over the age of 12 years where physical distancing cannot be achieved, unless exempt.

Children under 12 years are strongly encouraged to wear masks IF they are able to wear them correctly.

Gatherings



- Indoor and outdoor gatherings are strongly discouraged. Physical distancing must apply (1.5m or two big steps). Face masks must be worn unless eating or drinking
- Funerals, weddings or other planned large events during this time will be assessed on a case-by-case basis.



Isolation and quarantine at home

Your home is your primary residence when restrictions are implemented. The IOT will be following the COVID-19 Test and Isolate National Protocols. This means if you are:

- A confirmed positive COVID-19 case

OR

- A household close contact of a confirmed case

You and your family must isolate at home for a minimum of 7 days. Follow-up testing will occur as per the national guidelines. You can only leave isolation once medically cleared.

Face masks will need to be worn within the house if there is a positive case and you are unable to provide separate living arrangements.

You are a close contact if you are living with someone who has COVID-19, have spent four hours or longer with someone in a home or health/aged care environment since they developed COVID-19, or under exceptional circumstances determined by individual jurisdictions.

COVID-19 Test & Isolate National Protocols ([health.gov.au](https://www.health.gov.au))

<https://www.health.gov.au/resources/publications/covid-19-test-isolate-national-protocols>

Hospital and Health Clinics



The clinics on West and Home Island will be providing emergency services only. Do not present directly to the clinics – please phone or use VHF CH24, and you will be assessed. If you are advised to attend the clinic, face masks will be required. The Health Service will be performing testing, wellness checks and contact tracing for the entire community.

Home care services will be restricted initially as all health staff will be required to assist with risk assessment and planning. Services will recommence on a case-by-case basis after risk assessment and implementation of testing strategies.

Businesses and restrictions



- Restaurants, cafes and licensed premises may continue to operate – for takeaway only
- Public transport will be restricted to designated seating and capacity only
- Home Island Gym will be closed initially
- Mosque – physical distancing requirements and face mask-wearing.

Other businesses will operate under their COVID-safe plan. All business must ensure employees comply with face mask wearing restrictions and manage their workplace according to physical distancing requirements. COVID-safe cleaning practices are to be implemented and hand hygiene products readily available.

COVID Symptoms



- fever
- coughing
- sore throat
- shortness of breath
- runny nose or congestion
- headache or fatigue
- muscle or joint pains
- nausea or loss of appetite
- diarrhoea or vomiting
- temporary loss of smell or altered sense of taste
- chills or night sweats.

What can I do to prepare?



We recommend you consider these points to help you prepare for a case and associated risks and restrictions:

- Nominate the person who will be your primary shopper
- Ensure adequate stocks of regular medication
- Plan how you would manage an unwell person if you have numerous people within the same household – where should they sleep and how do you ensure shared bathrooms remain as low-risk to others as possible. Consider physical distancing and hygiene
- Ensure you have adequate supplies of cleaning and sanitising products
- Have a supply of long-life food options to minimise need to shop frequently
- Have adequate supplies of face masks
- Purchase paracetamol and a thermometer if you do not already have these items in your household
- Get your COVID vaccination and/or booster.

Travel to and from WA to the IOT



Travel will be permitted to and from the IOT, subject to any border control measures that are in place in WA at the time of travel. Travel will continue to require approved online applications, with evidence of vaccination.



If you develop any symptoms of COVID-19, you must self-quarantine and contact the Health Service via phone or VHF to arrange testing.

DO NOT ATTEND THE CLINIC.

West Island Clinic – 9162 6655

Home Island Clinic – 91627609

VHF – Channel 24