

COUNTRY HARMONY MASSAGE AND NATURAL THERAPIES

APRIL/MAY 2020 - NEWSLETTER

During this very challenging time my hope for you all is good health and please stay safe.

Like millions of Australians who have lost their businesses, my Country Harmony Uralla and Country Harmony Guyra clinics have closed until further notice. Unfortunately, my Country Harmony Uralla premises has closed for the foreseeable future. When this crisis ends, I will be re-establishing the clinic. Thank you to all my valued clients for supporting my business and I hope to see you in the future.

In order to bring some positivity and joy into people's lives I have started a Facebook Group Page entitled "All Countries We're In This Together Let's Keep The Music Flowing" taking song, music, poetry and comedy requests. A local radio station has recently featured a selection of the songs from the above Group Page.

Some suggestions for things to do while in isolation, or add your own:

- Adult & children's colouring-in books
- Age appropriate video game nights
- Calling family or friends on video chat
- Camping (in your own yard)
- Communicating via Skype, Facebook or Social Media
- Cooking - trying new recipes
- Create a gratitude box (place all the things you are grateful for every day in the box)
- Create a photo album or photo collage (if you don't already have one)
- Creative activities
- Dancing (within limits)
- Day Spa (manicure, pedicure or facial - if you have someone at home to do it for you)
- Drama games/warmups
- Drawing or painting
- Establishing a vegetable or herb garden (if you haven't already done so)
- Exercising (within limits)
- Family movie/game night
- Indoor play activities
- Learn a new craft
- Learn new skills
- Meditating
- Mindfulness exercises
- Music
- Outdoor play activities (in your own yard) for children
- Organising books
- Photography
- Reading
- Renovating or doing odd jobs, which have been delayed for years
- Singing
- Teaching children new or additional skills
- Tai Chi
- Trivia night
- Watching inspiring movies
- Writing
- Yoga

I encourage all of you to maintain the social distancing regulations in order to avoid becoming infected with COVID-19. Enclosed are the charts from NSW Health for Handwashing and Alcohol Based Hand Sanitisers (Non-Alcohol Based Hand Sanitisers have been shown to be ineffective against COVID-19), which is so vitally important for everyone to follow. Handtowels should be washed regularly in order to reduce the risk of infection.

For anyone who is really suffering from the emotional effects of COVID-19 and isolation, the following resources may be beneficial.

Carers Australia	1800 242 638	Relationships Australia	1300 364 277
Kids Helpline	1800 55 1800	MensLine Australia	1300 789 998
Parent Line	1300 130 052	LifeLine	131 114
HeadSpace	1800 650 890	1800Respect	1800 737 732
Emergencies (Ambulance)	000	Beyond Blue Australia	1300 224 636

Symptoms of COVID-19, Coronavirus:

The most common symptoms of COVID-19 may include:

- Fatigue
- Fever
- Coughing
- Sore Throat
- Shortness of Breath

If you have serious symptoms such as breathing difficulties, fever, coughing seek medical advice or call all 000 for urgent medical assistance.

The Recommended Guidelines are:

Practice Good Hygiene

- Use tissues of an elbow to cover coughs and sneezes
- Place used tissues immediately in the bin
- Wash your hands regularly with soap and water, including before and after activities including eating and personal hygiene
- Utilise alcohol-based hand sanitisers
- Don't touch your eyes, mouth and nose
- Disinfect and clean frequently used surfaces eg. benchtops, desks and doorknobs
- Disinfect and clean frequently used objects eg. mobile phones, keys, wallets

Practice Social Distancing

- Stay home and venture out only if it is absolutely essential
- Maintain your distance of at least 1.5-2 metres away from others
- Avoid physical greetings eg. handshaking, hugs and kisses
- Use tap & go credit or debit cards instead of cash
- Avoid crowds and travel only at quiet times
- Avoid public gatherings and at risk groups
- Practice Good Hygiene (as above)

WHO (World Health Organisation) has a very informative website for more information.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

NSW Health has a very informative website for more information and also has a downloadable APP available.

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>