

COVID-19

RURAL AND REMOTE RESPONSE

Media release

Wednesday 18 November 2020

Rural South Australians urged to be COVID cautious after Adelaide outbreak

Country South Australians should ensure they are doing everything they can to be COVID safe – and avoid unnecessary travel to Adelaide – following the jump in cases in the city, the Rural Doctors Association of Australia (RDAA) and Australian College of Rural and Remote Medicine (ACRRM) warned today.

“There is no need to panic about the increase in COVID cases in Adelaide, but if you live in rural SA now is a good time to ensure you haven’t become more relaxed in your approach to COVID safety over the past few months” **RDAA President, Dr John Hall, said.**

“Now is the time to revisit all the things you were doing at the start of the pandemic to keep you and your family safe, including implementing social distancing and good hand hygiene, limiting travel outside your community, limiting large gatherings, and getting tested and staying home if you have any flu-like symptoms.

“Given the freedom of travel that all South Australians have enjoyed over the past months, including to regional parts of the state, it is possible that coronavirus has spread into country SA.

“Consequently, it is important that you follow your COVID safety plan if you live in rural SA, to help you avoid getting COVID and to minimise the spread of the virus.”

ACRRM President, Dr Sarah Chalmers, said: “The situation in South Australia is a reminder to all Australians of how quickly coronavirus can spread, and how reliant the health authorities are on people coming forward to get tested in order to track the spread of coronavirus.

“Without people getting tested, authorities are in the dark about the number of infections that are circulating in the community, where they are circulating, and whether the number of cases is growing or declining.

“Apart from following all the COVID safety precautions, getting tested if you are feeling unwell is the single best defence we have in clamping down on any outbreaks quickly.

“As we all strive for a relatively normal Christmas, it is imperative that we continue to take COVID-19 seriously, do all we can to maintain a COVID safe lifestyle, and importantly – keep getting tested!”

All country South Australians are urged to:

- be alert to the possibility that coronavirus may have already spread outside Adelaide
- only travel to Adelaide if absolutely necessary – at least for the foreseeable future
- get tested immediately and self-isolate if feeling unwell with flu-like symptoms (even if only minor)
- avoid going to work, school or into the wider community if feeling unwell
- phone your local general practice before attending, if feeling unwell with flu-like symptoms
- continue to maintain at least 1.5 metres social distancing when outside your household

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- continue thorough hand-washing with soap and/or hand sanitiser
- sneeze and cough into a tissue or your elbow
- consider wearing a mask when outside your household
- download the COVIDsafe app
- follow the latest COVID health directives issued by SA Health, which can be found [here](#)

Find more information on how to protect yourself, your family and community from COVID-19 at www.health.gov.au. Find a video from the Federal Department of Health on how to properly wear a mask [here](#).

A high resolution photo of RDAA President, Dr John Hall, is available here:

<https://www.rdaa.com.au/documents/item/687>

A high resolution photo of ACRRM President, Dr Sarah Chalmers, is available here:

<https://www.rdaa.com.au/documents/item/1291>

A high resolution photo of Dr Adam Coltzau is available here:

<https://www.rdaa.com.au/documents/item/712>

Available for interview:

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Dr Sarah Chalmers - ACRRM President

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