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# Coronavirus (COVID-19)

## Preventative Measures

Dear our wonderful patients,

With the escalating concerns about COVID-19 (commonly known as the coronavirus); Myofocus Melbourne would like to inform you that we are dedicated to continuing to conduct our optimal safe health care practices and maintaining our high level of infection control for all of our patients and employees. We understand and appreciate that there is growing fear and anxiety due to COVID-19 and we want to reassure you that we are taking every precaution to keep the practice safe and healthy for our patients.

As always, we are here for your dental and orofacial myofunctional needs. Your body has an amazing ability to fight viruses, and if your body (including your oral health) is in optimal functional health, then your immune system can work to its full potential. And remember to stay positive, try not to get swept up in the hype, and panic buying!

## WHAT WE ARE DOING

- All touchable surfaces are being constantly wiped down with disinfectant spray and pH neutral detergents.
- All practitioners and staff members are washing their hands before and after every patient and regularly using hand sanitisers.
- We practice optimal dental infection control procedures, including single-use gloves and masks, and wearing protective eyewears.
- All equipment is being regularly disinfected and wiped down between patients.
- We have removed all children's toys and reading materials from the waiting area for the time being.
- If any of the staff are feeling unwell they have been instructed to stay home and rest.
- Any staff and patients who have recently been overseas are asked to not enter the practice for at least 2 weeks from their arrival into Australia.
- Any staff who has just arrived from overseas are required to self-isolate for a minimum of 14 days, as per the guidelines of the Australian Government.
- We ask at this time that if any of our patients are feeling unwell to stay at home and rest. Give us a call to cancel or reschedule your appointment.
- We are re-configuring our opening hours to ensure that patients and families can attend their appointments with safety and confidence. Effective immediately, we will be open from Monday to Thursday, and will be closed every Friday until further notice.
- Specific times have been allocated exclusively for Infant Tongue and Lip Tie Clinic, in order to ensure that infants, who are still establishing their immune systems, are well protected from the risk of cross-infection.

- If you, or your child, is undergoing Orofacial Myofunctional and/or Pre-orthodontic treatment, in consideration the need to practice social distancing, you may have the option of having your appointment conducted via Skype with our Orofacial Myologist, or Dentists, if suitable. This is usually not an ideal way of performing the therapy, and so this option is only available during these unusual times. Please call our office to discuss the possibility of this, and to arrange the appropriate appointments.
- Our Principal Dentists, Dr. Donny Mandrawa and Dr. Dan Hanson, travel around the globe to educate multi-disciplinary health practitioners. They have just returned from lecturing in the USA, and are self-isolating for 2 weeks at undisclosed locations. They have delayed all overseas travels for the unforeseeable future, and will not plan for any until it has definitely been determined to be safe to do so by the Government and Health Authorities.

## WHAT CAN YOU DO

- We have hand sanitisers located in the clinic, please feel free to use this before or after touching regularly touched surfaces (ie doors, benches, EFTPOS machines).
- **If you are feeling unwell, please stay home.**
- Keep hydrated, get plenty of rest and sleep, and listen to your body!

# KNOW THE SIGNS

## CORONAVIRUS (COVID-19)



**FEVER**



**COUGH**



**SHORTNESS OF BREATH**



**SORE THROAT**

**PEOPLE WITH CORONAVIRUS MAY EXPERIENCE:**

- **FEVER**
- **FLU-LIKE SYMPTOMS SUCH AS COUGHING, SORE THROAT AND FATIGUE**
- **SHORTNESS OF BREATH**

**IF YOU ARE FEELING UNWELL, PLEASE STAY  
HOME AND REST**

## GENERAL INFORMATION

- The Department of Health COVID-19 health alert – updated daily with the latest news and alerts

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

- The World Health Organisation website also updated daily with the latest news and health alerts

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>

- COVID-19 resources

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

Our best wishes to you and your families during these unprecedented and testing times that we are facing as a global community. We are here to support each other and to keep our hopes and spirits as high as possible. Continue to love and care for one another, and together we can definitely pull through the challenges.

Warmly,

The Myofocus Melbourne Team

*If “I” is replaced by “We”, even “Illness” becomes “Wellness”*

