

Hi James,

As a Health Professional, can I clarify some points in the newsletter information that was sent to TCAA members yesterday to avoid possible misunderstandings about Covid-19 and what members need to do to protect themselves and loved ones. Here are some dot points based on the best health and medical evidence that is available at present. I would appreciate you circulating this to members and I believe that it is essential for getting us through this crisis that we all follow Government health advice rather than external opinions.

- the best website for Covid-19 information in Australia is the Australian Government Health website: <https://www.health.gov.au/> It has regular updates about our rapidly changing situation and is backed by medical and infection control specialists.
- Another important website for NSW is the NSW Department of Health: <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>
- and NSW Dept of Health FAQs at: <https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx> .
- For information about some Covid-19 myths the World Health Organisation (WHO) website is useful: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
- These websites should have enough information on Covid-19 for TCAA members' needs, however if you are feeling fearful or anxious or believe that you have one or more symptoms of Covid-19, ring and speak with your GP. Medicare has given GPs approval for telephone consultations if people need to speak with them about Covid-19, before going to the doctor's surgery.
- the Covid-19 pandemic will be worse than a normal flu season, which is why we have daily Government updates and announcements. These don't happen in the flu season. I don't want to scare people, as each of us can do something individually to reduce the spread of infection, such as personal hygiene, social distancing etc. (see the websites), which together can help us all. Research has shown that the best way to reduce fear in the community in a crisis like this, is factual information based on research evidence from Government health sources, just look at Singapore's good outcome. We can all get through this together if we all take individual responsibility for following the Government's advice.
- I can find no verifiable research evidence that vitamin C is useful for Covid-19. In fact, there are questions about its use as a supplement, generally. Most of us can get the required daily intake of vitamin C through a good balanced diet, so buying up and hoarding mega-doses of vitamin C supplements, just like toilet rolls, is not helpful.
- I can find no verifiable research evidence that UV Air Purifiers will affect Covid-19. Because this virus is so new (novel), and little is known about its characteristics, you can save your money and follow the government advice about personal hygiene, social distancing, social isolation and ring your GP if you are feeling unwell. By doing these things we are trying to "flatten the curve" of the spread of infection, which the Government is talking about.
- My take-home message to TCAA members is that if you follow Government health advice and not external opinions, we will get through this much better.

Regards

Brian Corless
Clinical Psychologist and
TCAA member.