



COVID-19 UPDATE

Innermost Counselling places the health and safety of clients and staff members at the top of its priorities and is actively monitoring the situation regarding the Covid-19 global pandemic.

As a precautionary measure, and in line with current government regulations, Innermost Counselling will temporarily be conducting all appointments and session via online webinar platforms.

We will continue to monitor the situation closely and will advise of any further changes as they unfold. We apologise for any inconvenience and thank you for your understanding. If you have any questions, please contact Caroline directly at caroline@innermostcounselling.com.au

Further information regarding COVID-19

Notification about COVID-19/Coronavirus

The COVID-19 strain of coronavirus has caused an outbreak of respiratory infections in most nations of the world. On the 11th of March 2020, COVID-19 was declared a pandemic by the World Health Organisation. More information about what defines a pandemic, what this means and the COVID-19 virus can be found on the [NSW Department of Health website](#).

Symptoms of COVID-19 infection

It is important that we are all aware of the symptoms of COVID-19 infection.

From the Department of Health website: "Patients may have fever, cough, runny nose, shortness of breath and other symptoms. In more severe cases, infection can cause pneumonia with severe acute respiratory distress."

[This link](#) contains more information on COVID-19, including statistics, symptoms and methods of avoiding spread of the infection.

Note that the symptoms of COVID-19 Coronavirus are difficult to distinguish from a regular cold or flu.

Please call your doctor and seek their advice if you develop any of the symptoms listed above.

Yours truly,
The Innermost Counselling Team