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SYDNEY IS 'WELL PREPARED'

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MATTHEW BENNS

NO day with the constantly-evolving coronavirus pandemic is the same for infection control co-ordinator Vicki Foxton.

"We are changing our protocols to adapt every single day," Ms Foxton said.

As infection control co-ordinator for the new Northern Beaches Hospital, Ms Foxton is on the frontline for dealing with a COVID-19 hotspot.

"I feel we are well prepared," she said. "We have been preparing for a pandemic since it was first reported in China."

Ms Foxton has been training staff and seconding team members to work in the coronavirus reception clinic set up just outside the hospital. She is ready to "meet the challenge" but said the size of that task depends on us.

"How long we are in this situation truly depends on how well we obey the rules on social distancing and do what we are being asked to do," she said.

And she offered some other non-medical advice to everyone in Australia right now. "We just need to be kind to one another. Together we can get through this," she said.