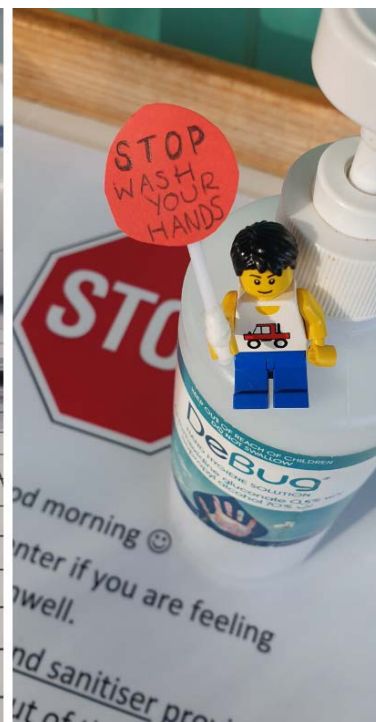


# Coronavirus COVID-19

## Community Update #15

June 24, 2020

**Living the “new normal”:** COVID-19 is going to be with us for some time, so we need to continue to live our lives in the safest way possible. These are the things we can all do to keep ourselves and our communities safe: Practice good hand hygiene; maintain physical distancing (1.5metres apart); if you feel unwell, stay home and if you develop flu-like symptoms, get tested for COVID-19; and download the COVIDSAFE App. Please stay vigilant and continue to look after your own safety. Our lives will look a little different under the “new normal” with things like washing our hands, using hand sanitizer, having our temperature tested becoming much more common. ***Here’s Marlo (far right) and Lomar (right) showing us some of the things we can expect to become common practice.***



**Returning services safely:** Community transmissions of COVID-19 are still happening in Victoria, which reminds us that risk of a surge in cases remains very real. At MTHCS, we need to continue the balancing act of being ready to provide care if there is an outbreak with the need to resume services. We are putting a lot of planning into the safe return of social support groups and volunteers. Our staff are working with local community members to ensure everyone understands the importance of good hand hygiene and other safety practices to avoid COVID-19 infection. By understanding more about COVID-19 and how to put important safety measures in place, we can work together to reinstate services and maintain them into the future.



**Children who are unwell:** A reminder to everyone that if your child is unwell and displaying flu like symptoms it is important that you have your child tested and they remain at home until their COVID-19 swab result is known – please do not send them to school.

**Caring for everyone:** It’s great to see many local businesses are making sure they do their bit to keep our communities safe. ***Thanks to Chantelle and Wendy at the Sea Lake takeaway (far left) and Karen, Narelle and Narelle at the Sea Lake supermarket (left) for doing their bit to care for everyone during COVID-19!***

**The coronavirus situation changes rapidly.**

**To stay up to date visit <https://www.dhhs.vic.gov.au/coronavirus>**





***Pictured above are Ouyen Prep students Isabella Singleton (left) and Charlie Cattnach (right) reminding everyone of the key COVID-19 safety messages – stay home, get tested, and staying apart keeps us together.***

**Staying healthy in the “new normal”:** Our programs look a little different during the COVID-19 pandemic, but MTHCS is still here for you. As we all get used to living the “new normal” under COVID-19, we need to remember to maintain healthy habits such as a good diet and 30 minutes of daily exercise. While our exercise groups aren’t operating as they usually do throughout the catchment, our Allied Health staff are still here for you and happy to chat about things you can do at home to maintain your health as part of your daily routine. Call us on 5092-1111.

**Happy smiles:** It’s great to see our residents happy! ***Mr Martin is pictured (right), bright as a button, at 6.45am, having a snack with the night duty nurses, Brylie and Tiarnee.***

**Please share your thoughts:** An important part of MTHCS service planning is feedback from our communities. Do you know how to access the care you need? Do you have firsthand experiences to share? Help shape health and community service delivery across the catchment by completing the survey at <https://www.surveymonkey.com/r/TJTXSMZ> or contact us on 5092-1111 and we will send you a hard copy.

**Lois O’Callaghan**  
**Chief Executive Officer**



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