

# Coronavirus COVID-19

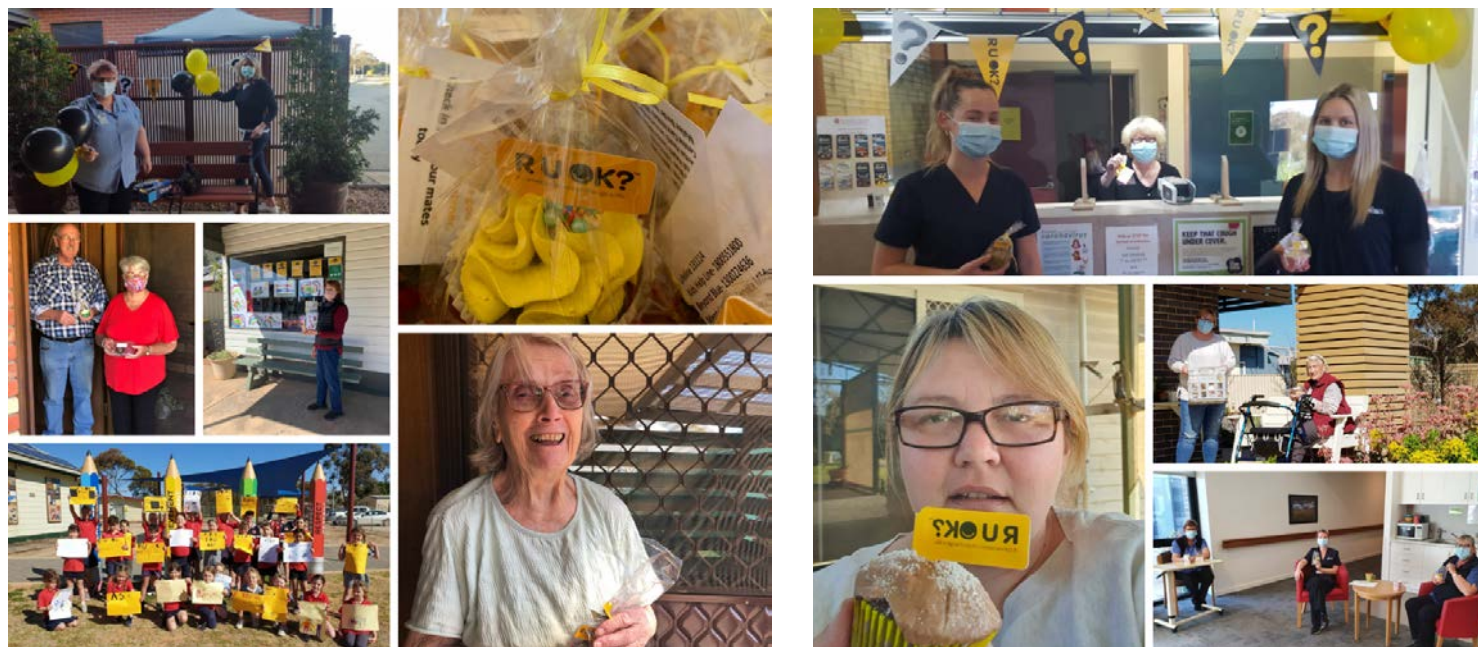
## Community Update #27

September 16, 2020

**Restrictions are easing:** Victoria's COVID-19 restrictions are changing and sometimes it can be difficult to keep track of what applies to Mallee residents and what does not. Some restrictions are being eased, but it is important to remember regional Victoria (including the Mallee) has different rules to metropolitan Melbourne. The Victorian Government and Chief Health Officer decide what restrictions will be eased, and when, depending on how many active cases are currently in the community. MTHCS is monitoring the situation closely and each time the restrictions change, we work through the details to ensure the restrictions are applied correctly across our service. The best way to keep up to date is the Department of Health and Human Services (DHHS) website at [www.dhhs.vic.gov.au](http://www.dhhs.vic.gov.au). If you need support or advice locally, including information on MTHCS services, please get in touch with us and we will do our best to answer your questions.

**Stay safe:** Remember that while the restrictions are easing, it does not mean the COVID-19 pandemic is over. You still need to take action to keep yourself safe. Stay safe by washing your hands regularly, wearing a face covering when you leave home, coughing and sneezing into your elbow, keeping at least 1.5 metres from others and staying home if you feel unwell. If you have symptoms of COVID-19, get tested and then stay home until you have your result. Testing for people with COVID-19 symptoms remains available from our Ouyen medical centre. Phone ahead so we know you are coming and try to come early in the day, so your swab can be sent to the pathology centre as soon as possible. Phone the Ouyen medical centre on 5092 1111 or the Sea Lake medical centre on 5070 2155.

**Checking in on our mates:** A big thank you to everyone who helped to make R U OK? Week last week such a big success. This year has been tough on everyone for many reasons, including the current COVID-19 response, so it was wonderful to see people take the time to connect with those around them. We are all busy in our jobs and our lives, but last week really showed communities across the Mallee make the time to support each other during difficult times.



*Pictured above, clockwise from top left: The RUOK? fairies (Cindy Nunn and Nadiene Lynch) putting up decorations at the Ouyen campus; RUOK? cupcakes wrapped up in a COVID-19-safe way; Betty Thomas receiving an RUOK? cupcake; Underbool Primary School students showing their support for RUOK? Week; John and Sue Gilchrist receiving cupcakes; and Helen Gloster at the Pink Lakes Pantry, with a display of RUOK? pictures by children at Underbool Early Years.*

*Pictured above, clockwise from top: MTHCS staff members Sophie, Shirl and Chevaun supporting the RUOK? Week celebrations; MTHCS staff member Liz Newick delivering RUOK? Cupcakes to residents at our aged care facility; MTHCS staff members enjoying a break and an RUOK? Cupcake; and Liz Newick shows off the impressive RUOK? Cupcakes!*





***Pictured above clockwise from top left is MTHCS staff member Pennie delivering RUOK? cupcakes; MTHCS staff member Jacqui delivering RUOK? cupcakes in Murrayville; Francis with her delivery; Pauline Harrison receiving a cupcake; Mary Burns looking pleased with her cupcake; and MTHCS staff member Mark delivering RUOK? cupcakes in Murrayville. Pictured right is an invitation to be part of an Ouyen P-12 project that is collecting letters from community members about how the COVID-19 pandemic has affected them.***

## Letters from the community

As part of our Year 9 Community class learning remotely during the Covid-19 pandemic of 2020, we are hoping to collate a book of letters, written by as many willing community members as possible that would like to participate.

Your letter isn't written to a particular person, but rather a younger or older version of yourself, or a friend. For example- Dear Mallee Track, To a friend, Dear future me, Dear past me, etc.

For those that are much older than the current generation of school students, your letter may describe your childhood activities and school routines. It can also include changes over the years and how Covid-19 has affected you now.

For the younger generations, your letter may explain the changes that you are experiencing during this period of remote learning and how this pandemic has affected you.

You may like to discuss the things that you are missing, the things you are looking forward to in the future and how this experience has changed your views, values and outlook on life.

If possible, letters should be handwritten and can be posted to Ouyen P-12 College by **Friday, September 18th, 2020**. We look forward to sharing the end product with the wider community and thank you in advance for your support. Please address letters to:

Community Letter  
Ouyen P-12 College  
1-35 Fuller Street  
Ouyen VIC 3490

**Stay on top of your health:** It is still as important to keep yourself as healthy as possible. This means keeping an eye on existing health conditions, continuing to attend your medical appointments, and getting new symptoms checked and diagnosed quickly. You can receive medical care in person, over the phone or by video conference. We are here to help you, so please contact your local medical centre for more information, or you can call Nurse-on-call on 1300 606 024 to speak with a registered nurse 24 hours a day.

**Access Point available:** Our Ouyen campus has an Australian Government Agency of Services Australia Access Point for Centrelink, Medicare, or other government programs and services. There are computers and phones, or you can bring your own mobile phone or tablet. There is free Wi-Fi 24/7 and you don't need a password. Next time you need to do some government business, ring ahead and make an appointment to use the Access Point at 28 Britt Street, Ouyen. To make an appointment, phone 5092 1111.

***Enjoying the first signs of spring in the gardens at Sea Lake were (L-R) MTHCS staff member Alex Webster and resident Myra Daniel; staff member Tiarnee Hall and resident Ethel Prange; Alex Webster, Myra Daniel, Ethel Prange and Tiarnee Hall; resident Ken Robinson and MTHCS staff member Rosemary Gillingham.***



Lois O'Callaghan, Chief Executive Officer