

# COMMUNITY UPDATE ACROSS THE TRACK



Community Update #56 May 13, 2021

**COVID-19 vaccination program:** A small but steady supply of COVID-19 vaccines continues to be available to MTHCS, so please confirm your eligibility and then phone either the Ouyen or Sea Lake medical centre to book an appointment. To check if you are eligible, visit [www.covid-vaccine.healthdirect.gov.au/eligibility](http://www.covid-vaccine.healthdirect.gov.au/eligibility). If you have any concerns about the vaccine, please discuss these with your doctor or contact MTHCS and we will do our best to answer your questions. Reliable, evidence-based information about COVID-19 vaccines is available online at [www.health.gov.au](http://www.health.gov.au)

**Is it true?** A lot of people have questions about the COVID-19 vaccines. Here's some commonly asked questions and answers:

**Why do I have to wait 14 days between getting the flu and COVID-19 vaccine?**

It is recommended that people wait at least 14 days between a dose of seasonal flu vaccine and a dose of the COVID-19 vaccine. The 14-day time frame is a precautionary measure to manage the common side effects that come with many vaccinations.

**Can COVID-19 vaccines give you COVID-19?**

None of the approved vaccines in Australia contain the live virus. This means they cannot give you COVID-19.

**If the vaccine is safe, why can't kids have it?**

At this stage, neither the Pfizer nor the AstraZeneca COVID-19 vaccines have approval for use in children from the Therapeutic Goods Administration (TGA) because there are limited clinical trial results showing that the vaccines are effective and safe in these age groups.

## local lifesaver: Cindy Nunn

keeping our communities safe

**When did you get the COVID-19 vaccine?** I had the vaccine over two weeks ago.  
**Why did you have the vaccine?** I don't want to get COVID and die.  
**Did you experience side effects?** After the vaccine, I experienced headaches, whole body aches and felt very sleepy for about 24hrs. Paracetamol helped with the headache, and I slept for the following day, waking up good as gold the next day. The only thing I have left is a lump in my arm where the vaccine was administered.  
**Do you recommend getting the COVID-19 vaccine?** Yes I would recommend the vax to others, but I'm not a doctor. Please check with your doctor if you have questions.



**Working safely:** MTHCS campuses at Ouyen and Sea Lake had a visit from WorkSafe inspector Terry Davies last week. Terry (pictured left, with MTHCS CEO Lois O'Callaghan) works with the psychosocial and well-being team at WorkSafe. Terry spent time talking with staff about the systems needed by employers and employees to ensure a safe workplace for everyone. It was great to see a good turn-out of staff members meeting with Terry at both sites.

**Celebrating our amazing volunteers:** MTHCS has many volunteers right along the Mallee Track doing incredible work for our communities. To recognise their hard work and to thank them for all they do, MTHCS is hosting a series of luncheons across the catchment for our volunteers. The celebrations begin with a lunch in Murrayville on 19 May, followed by one in



Ouyen on 20 May, and one in Sea Lake on 21 May. Volunteers are asked to confirm their attendance at one of the luncheons by phoning MTHCS on 5092 1111 or sending a text message to 0437 256 367.



**Volunteers dance up a storm:** Recently the annual Debutante Ball was held in Ouyen and this could not have been possible without the many volunteers involved behind the scenes, including dance trainers (pictured left) Joy Lynch (MTHCS Chair), Linton and Janece Hahnel. We sincerely thank you for being part of a wonderful night!

**A local leader:** Congratulations to MTHCS nurse Maddy Morrish who recently graduated from the Northern Mallee Leaders Program! Maddy was sponsored by MTHCS and Ouyen Inc. to complete the program, which she says was very worthwhile. **Maddy is pictured (below left, centre)** at her graduation ceremony.

**Visit your Neighbourhood House this week:** This week we are celebrating national Neighbourhood House Week, so it's the perfect time to drop in and see what your local Neighbourhood House has to offer you! The focus for National Neighbourhood House week is on addressing loneliness. The most effective way to reduce loneliness is to make people feel connected to their community, which is guaranteed to happen when you visit your Neighbourhood House! To find out more, drop in to the Ouyen Neighbourhood House at 46 Oke Street in Ouyen, or phone 5092 2557.

**Building local partnerships:** MTHCS staff recently met with Alex and Julie from the Ouyen Pharmacy. Alex has recently bought the pharmacy and is living in Ouyen. The meeting was a great chance to talk with Alex and Julie about ways to improve services for our aged care residents,



as well as the MTHCS medical clinic, palliative care and urgent care. Alex also talked our team through the use of e-scripts and apps for the management of prescriptions, which Alex is introducing for the benefit of our community. **Pictured are (back, L-R) MTHCS staff members Pam Vallance, Shirley Vallance and Nicole Magnisalis; (front) Alex and Julie.**

Lois O'Callaghan, Chief Executive Officer, Mallee Track Health & Community Service

Contact us

Ouyen Service Centre 5092-1111 Sea Lake Service Centre 5070-2155  
Murrayville Service Centre 5092-1111 Underbool Service Centre 5092-1111

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## local lifesaver: Deb Watson

keeping our communities safe

I had the Astra Zeneca vaccination and experienced some side effects – chills, aches and a slight fever. They only lasted one night and they were relieved with some Panadol. For me, the side effects of the vaccination were worth it, compared to getting Covid-19 itself.



**Working safely:** MTHCS campuses at Ouyen and Sea Lake had a visit from WorkSafe inspector Terry Davies last week. **Terry (pictured left, with MTHCS CEO Lois O'Callaghan)** works with the psychosocial and well-being team at WorkSafe. Terry spent time talking with staff about the systems needed by employers and employees to ensure a safe workplace for everyone. It was great to see a good turn-out of staff members meeting with Terry at both sites.

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with a lunch in Murrayville on 19 May, followed by one in Ouyen on 20 May, and one in Sea Lake on 21 May. Volunteers are asked to confirm their attendance at one of the luncheons by phoning MTHCS on 5092 1111 or sending a text message to 0437 256 367.



**Visit your Neighbourhood House this week:** This week we are celebrating national Neighbourhood House Week, so it's the perfect time to drop in and see what your local Neighbourhood House has to offer you! To find out more, drop in to the Sea Lake Neighbourhood House at 200 Best Street, Sea Lake or phone 0407 135 881. To celebrate Neighbourhood House week, the Sea Lake Neighbourhood House together with the Sea Lake Youth Group is holding a family fun morning at Green Lake on Sunday May 23 from 10am. Kicking off with a colour run around the lake, a bouncy slide, pony rides and BBQ brunch, it's sure to be a great day!

**Congratulations to Bailee Mott – our Room Leader at Mallee Minors, Sea Lake, who recently completed her Diploma in Early Childhood Education and Care (pictured right).** Bailee also received a High Achiever award during her graduation ceremony! Congratulations and well done Bailee – we are very fortunate to have you on the MTHCS team at Sea Lake!

**The pink van is on its way:** The hot pink BreastScreen Victoria van is returning to Birchip from 31 May – 11 June 2021 to provide free breast screens for women over 50. A breast screen every two years is the best way to find cancer early, when treatment is most successful. Breast screens are with a female radiographer, take 10 minutes and you don't need a GP referral or Medicare card. Don't miss out! And tell the women in your life over 50 to book too. The van will be at 3 Morrison Street, Birchip (new location outside medical clinic). Phone 13 20 50 to book your appointment.



Lois O'Callaghan, Chief Executive Officer, Mallee Track Health & Community Service

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