

COMMUNITY UPDATE ACROSS THE TRACK



Community Update #67 July 29, 2021

COVID-19 outbreak: Thank you to everyone who acted responsibly and came and got tested for COVID-19 during the recent COVID-19 outbreak in Mildura, this was a fantastic effort. Also, thank you all for being patient and kind to our staff, all of whom worked very hard to help MTHCS respond appropriately to the outbreak and keep our community safe. To all of our staff members, well done and thank you! *Pictured (right) is MTHCS staff member Tsharni Burns doing a great job directing traffic during the COVID-19 testing in Ouyen.*



Exposure sites: Victoria's COVID-19 exposure sites continue to be updated regularly, including sites in Mildura. Keep up to date with these sites and relevant testing and isolation requirements at www.coronavirus.vic.gov.au/exposure-sites

Taking care of others: A reminder to please look out for your friends, neighbours and older members of our community who may not have access to the internet to stay up to date with exposure sites and changing information about the COVID-19 pandemic. Please take the time to stay in contact with them and keep them updated about the COVID-19 situation, as much as possible.

COVID-19 testing: COVID-19 testing continues to be available at our Ouyen medical clinic but you **MUST** phone ahead (phone 5092 1168). Testing is available for members of our local community who are symptomatic or have been to a known exposure site. To check the latest exposure sites, visit www.coronavirus.vic.gov.au/exposure-sites

Close contacts of COVID-19 cases: A close contact is someone who has been identified by the Department of Health contract tracers as having spent time with someone who has COVID-19. There is a high chance that people who have been close to someone with COVID-19 will get the virus and spread it to other people. There are two types of close contacts:

Primary close contacts: someone who has had face-to-face contact or spent time in a closed space with someone who has COVID-19 while they were infectious; or someone who has been in an outbreak or other setting where there is a higher risk of transmission of COVID-19.

Secondary close contacts: someone who has had face-to-face contact with a primary close contact at least 24 hours after them being exposed to COVID-19.

It's important to note, **you must** quarantine if you have been identified by the Department of Health as a primary or secondary close contact. People who are determined to be close contacts will be contacted by the department. However, if you think you have been to a public exposure site during a period of concern you should contact the department.

For more information on what to do as a primary or close contact, check: www.coronavirus.vic.gov.au



COVID-19 vaccinations: COVID-19 vaccinations are also available through our medial clinics. If you would like your vaccination, please contact the medical clinic and your name will be added to the waiting list. We will contact you when an appointment is available (waiting time is minimal and dependent on vaccine and staff availability).

Happy birthday Ruth! Happy birthday to Ouyen Nursing Home resident Ruth Bunstan, who celebrated her 90th birthday recently. While Ruth couldn't have visitors due to the lockdown, our staff members did everything they could to make it a lovely day for Ruth. There were many deliveries of gifts, cards and flowers during the day, and a beautiful morning tea – the highlight being a custom-made birthday cake complete with macarons! *Ruth is pictured (left) with her beautiful birthday cake, and below, celebrating with staff and with her husband, Harry.*



Pictured (below) residents at Pattinson House keeping busy during lockdown with games of bingo.



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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COVID-19 testing: COVID-19 testing continues to be available at our Sea Lake medical clinic, but you MUST phone ahead (phone 5070 2155). Testing is available for members of our local community who are symptomatic or have been to a known exposure site. To check the latest exposure sites, visit www.coronavirus.vic.gov.au/exposure-sites

Pictured below are some of our residents staying active during lockdown, doing exercises with MTHCS staff members Liz and Kerri. Also pictured is resident Betty Wight concentrating hard while completing a riddle.



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Pictured below, residents having a cuddle with Tamara Allan's golden retriever puppy, Molly, who paid a visit last week.



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