

# Coronavirus COVID-19

## Community Update #19

July 22, 2020



**Top traders:** Thanks to all the traders who are taking the time to do the right thing and keep our communities safe. It's great to see so many local businesses proactively providing hand sanitiser and social distancing reminders because these are practical actions that will help keep us all safer. MTHCS is offering support to local traders during COVID-19 – we can order hand sanitiser stations at cost for your business, provide posters with DHHS information about COVID-19, and we can help answer questions you may have about staying safe during the pandemic. ***Pictured (above right) is Samantha Robertson and daughters Emily and Alice, who recently visited Sea Lake and respected social distancing rules by waiting outside the café while Dad picked up their lunch. We love seeing visitors doing the right thing! Pictured (above centre) is MTHCS Community and Social Support Manager Nadiene Lynch and Sergeant Peter McNair talking to Ouyen butcher Nathan Grayling from North West Butchers about keeping our community safe COVID-19; and (above right) chatting to Janine Wilson at Laser Electrical Ouyen about COVID-19 safety measures.***



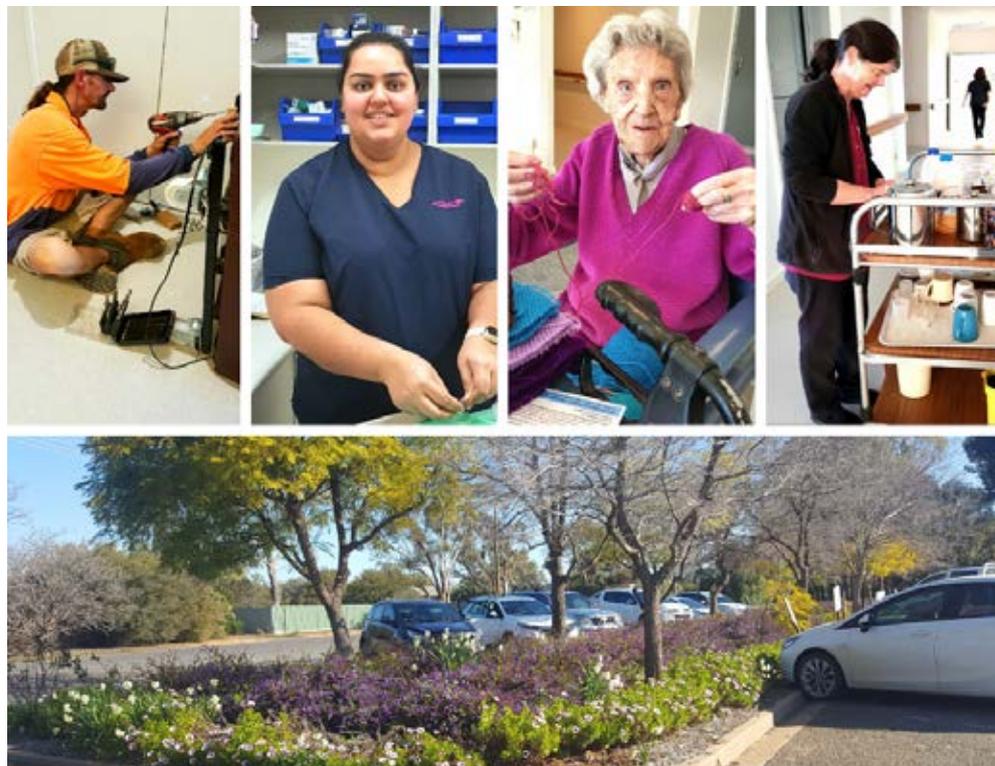
***Pictured above (left to right) is Ouyen Neighbourhood House Coordinator Kim Darley wearing a face mask while making a meal delivery to Ouyen resident Barb Matheson; MTHCS medical practice manager Shirley Vallance wearing a face mask; Myra Clohesy doing her bit to stay connected by chatting to her daughter, Donna, via video conference; and the MTHCS property at 25 Hamilton St, Sea Lake, which is currently being renovated through a funding grant from the Regional Health Infrastructure Fund. A big thank you to the tradesmen and our maintenance team who have kept this project ticking along during the COVID-19 response.***

**Masking up:** Wearing a mask provides an additional physical barrier and helps to reduce community transmission of COVID-19. When you visit our health service and residential aged care facilities, you may see our staff wearing masks. We know this may look a little different than usual, but rest assured it's the same friendly MTHCS staff members underneath! Please understand this is part of our commitment to protecting the health of our staff and community members.

**The coronavirus situation changes rapidly.**

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

**Slowdown on reinstatement:** We will be slowing down the reinstatement of services and volunteer networks in accordance with advice from the Department of Health and Human Services. We will also be limiting, where possible, face-to-face contact and minimizing movement of our staff around the catchment. As a result, there may be some postponement or cancellation of services as we do what we can to slow the spread of COVID-19 in our communities. We apologise for any inconvenience, but please understand these decisions are not made lightly and the health and safety of our staff and communities is always our top priority.



***Pictured (clockwise from top left) is Richard from the MTHCS maintenance team hard at work; nurse Shay, who was supposed to get married recently until COVID-19 put a hold on that; our knitting queen Marge Watson colour coordinating her work; MTHCS staff member Tania getting snacks ready for everyone; and the very impressive front garden beds at the Sea Lake campus. Thanks to the Sea Lake Ladies Auxiliary who assisted with purchasing the plants about 12-18 months ago and to the maintenance team at Sea Lake and Ouyen that have kept the grounds in great shape. The jonquils are early and look great!***

**Staying connected:** The COVID-19 pandemic has highlighted the importance of community and social connections in improving our health and wellbeing. Staying in touch with friends and family at this time can reduce feelings of loneliness and isolation. Take the time to phone someone you know who lives alone, and check in on your neighbours. If you do need extra support please talk to a MTHCS staff member so we can point you in the right direction for support and assistance.

**Visitors to aged care facilities:** A reminder to all local community members visiting our aged care residents to remain in the designated visiting area. It is very important to minimise the movement of visitors to our aged care facilities to reduce the opportunity for any transfer of infections. Please follow staff instructions and respect this request as it is a very important part of our COVID-19 response.

**Test and go home:** If you have symptoms, get tested for COVID-19. You can be tested for COVID-19 at either of our medical clinics, which means you don't have to drive to Mildura or Swan Hill to be swabbed. It is essential you return home immediately after the test. Do not make any detours or stops on your way. There is a risk that you could have COVID-19 and could spread it to other people. You must remain in self-isolation at home until you find out your test result. For more information, check the DHHS website at: [dhhs.vic.gov.au/coronavirus](https://www.dhhs.vic.gov.au/coronavirus)

**Mental health support:** This is an anxious and uncertain time for everyone and support is vital and available. For more information about managing stress and support options, call the Coronavirus Mental Wellbeing Support Services on 1800 512 348 or visit [coronavirus.vic.gov.au](https://www.coronavirus.vic.gov.au)

**COVID-safe App:** Have you got the COVIDSafe app on your phone? If you haven't, please consider downloading it today. The COVIDSafe app speeds up contacting people exposed to COVID-19. This helps support and protect you, your friends and family.

**Lois O'Callaghan**  
Chief Executive Officer

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