

# COMMUNITY UPDATE ACROSS THE TRACK



Community Update #63 July 1, 2021

**Current COVID-19 restrictions:** The COVID-19 restrictions for regional Victoria have eased again, which will come as welcome news to many. However, some important restrictions remain in place such as:

- Face masks remain mandatory indoors, except at your home. **This means you must have a mask with you at all times and face masks must be worn while visiting all MTHCS facilities, especially aged care.** Face masks are recommended outdoors where you cannot maintain 1.5 metres from others.
- If you have any symptoms, no matter how mild you must get tested for COVID-19. Testing remains free and available at the MTHCS medical clinics. Please phone ahead to let us know you are coming.
- You must check-in everywhere you visit using QR codes, no matter how long you spend at that location.

For a full list of the current COVID-safe settings, please visit: [www.coronavirus.vic.gov.au/coronavirus-covidsafe-settings](http://www.coronavirus.vic.gov.au/coronavirus-covidsafe-settings)

**COVID-19 testing and vaccination:** The recent outbreaks in Melbourne and Sydney are timely reminders that it remains extremely important to have a COVID-19 test if you have any symptoms. Every test helps. Equally important is having your COVID-19 vaccination, which is free to everyone and continues to be available through our medical 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).



**Checking in with QR Codes:** A reminder to make sure you check in with QR codes when you are out and about. When you check-in, you create a record of the time and date you visited a venue. This means that if there is a COVID-19 outbreak, contact tracers can quickly access your contact information and get in touch with you, if you've visited a public exposure site. This will help to contain a COVID-19 outbreak.

**Stick with what works:** We know good hand hygiene and social distancing helps slow the spread of COVID-19. Remember, practise good hygiene and regularly and thoroughly wash your hands; maintain physical distancing, keep at least 1.5 metres away from others; always wear a face mask; if you feel unwell do not go to work, get tested and return home immediately and wait until you get your result.

**Visitors to aged care:** The eased COVID-19 restrictions now allow for two visitors at a time to our aged care residents, with a limit of up to five visitors per day, except for end of life when two visitors at a time are permitted with no total limit per day. Visitors do not have to be from the same household and there is no time limit on visits. We continue to ask you to contact the aged care facility before your visit to ensure visits can be managed safely for everyone.

**Unacceptable behaviour:** Unfortunately, we have recently experienced some cases of poor behaviour being directed at MTHCS staff in our reception/front entry areas, which is disappointing and not acceptable. Being on the receiving end of this kind of behaviour can significantly impact people's physical and mental wellbeing, so think about the effect your behaviour can have on others. Our staff treat you with respect and we ask everyone in our community to treat them the same way. Please be aware that MTHCS actively addresses incidents of aggressive and/or violent behaviour toward our staff, which can lead to police intervention and strategies being put in place that restrict access to our services to ensure staff safety.

*Nurse Tessa Botheras recently brought her 15-week old golden retriever puppy, George, to visit the residents, who were all very excited to see him, especially Ian McClelland who used to have a golden retriever himself many years ago. George got a lot of attention and loved every minute of it! Pictured are the residents enjoying time with George.*



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

Contact us

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*Pictured below: Some of the new MTHCS signage at our Ouyen campus. Our new branding is being rolled out across MTHCS sites across the catchment.*



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

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