

COMMUNITY UPDATE

April 14, 2022

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COVID-19 vaccines available for kids and adults

It's not too late to get your COVID-19 vaccination or booster. Our medical clinics in both Ouyen and Sea Lake have adult and children's Pfizer vaccines available, so please contact reception for appointments.

Anyone aged 16 years and over who had their second dose of a COVID-19 vaccine three or more months ago is encouraged to get a third dose now.

Flu vaccine remains important

Everyone should get an annual influenza vaccine anytime from mid-April onwards to be protected for the peak flu season, which is generally June to September. Influenza isn't like the common cold; it is a highly contagious viral infection that can cause severe illness and life-threatening complications, including pneumonia. Please contact our medical clinics to arrange for your flu vaccination.

Take care when visiting aged care over Easter

Our aged care residents don't move around our community a lot, so the only way COVID-19 will come into our facilities is via visitors or our staff. Our staff members are working hard to limit any chance of infection and we are asking you to do the same.

If you are planning to visit a family member in our aged care facilities over Easter, please:

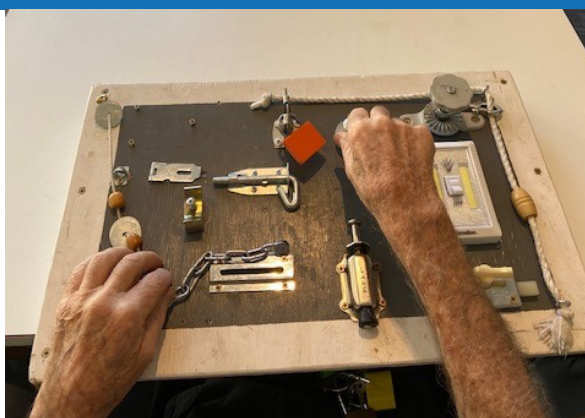
- **Phone a few days ahead of your visit.** This helps us ensure you know what's required and all safety measures are in place.
- **Have a negative RAT result prior to visiting.** A negative result is required before you can visit. The test can be done at home or on-site. If you need tests, we have both swab and saliva RATs available for residents' families.
- **Wear an N95 face masks during your visit.** We have these face masks available.
- **Understand visitors can only visit once per day, in line with Victoria's pandemic health orders.**

Mind out for the mozzies

A reminder that Japanese encephalitis virus (JEV) is in Victoria and people should be extra careful while out camping and enjoying the outdoors over Easter. JEV is spread to humans through mosquito bites and may cause a rare and potentially life-threatening infection of the brain. This Easter, please take steps to protect yourself and your family against mosquito bites.

Steps to protect yourself and your family against mosquito-borne diseases include:

- Wearing long, loose fitting clothes outdoors.
- Using mosquito repellents containing picaridin or DEET on all exposed skin.
- Limiting outdoor activity if lots of mosquitoes are about.
- Using 'knockdown' fly sprays and plug-in repellent devices indoors.
- Using mosquito coils in small outdoor areas where you gather to sit or eat.
- Making sure your accommodation is mosquito-proof.
- Sleeping under mosquito nets treated with insecticides if you don't have flywire screens on windows on your home or are sleeping in an untreated tent or out in the open.
- Making sure there is no stagnant water around your home.



Pictured above: Sea Lake is happy to have items like the busy board to occupy residents that are unable to get around and do the usual tasks they would have done in years gone by. Pictured is a male version with different locks and gadgets to keep any bloke busy for a while. Being active and useful is important, even when your legs can't get you around like they use to do. The busy board with familiar bits and bobs, offers an opportunity for residents to fix things for us.

Employment opportunities

MTHCS has a number of non-gender specific roles available. At MTHCS we define our expectations and are accountable for our actions.

People and Culture Wellbeing Officer (Ouyen) Full Time/Part Time negotiable

The People and Culture Wellbeing Officer is responsible for supporting the People and Culture team to drive health and wellbeing initiatives within the workplace, including promoting the Gender Equality Act

Healthcare Workers (Pattinson House, Ouyen) Casual

MTHCS is always looking for enthusiastic healthcare workers to join the team. Compassion for our residents and team work is vital.

MTHCS is an equal opportunity employer. Visit www.mthcs.vic.gov.au/employment for further information about these and other exciting roles.

HOW TO APPLY: Provide your resume with cover letter to payroll@mthcs.vic.gov.au or People & Culture, PO Box 130, Ouyen 3490.



Our values & behaviours