

# COMMUNITY UPDATE

May 5, 2022

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## COVID-19 in our communities

Thank you to everyone who has been patient and understanding as we continue to respond to COVID-19 infections in our aged care facilities. In some instances, we have had to limit and/or stop visiting arrangements at short notice. This has been very difficult for everyone involved, but it is an essential infection control measure. Our residents don't move around the community a lot, so we know COVID-19 only gets into our facilities through staff or visitors. We have very strict infection control measures in place to help control the spread of COVID-19. Please continue to be patient and kind to our staff. We are doing everything we can to care for our residents and staff during this very challenging time. If you have questions, please contact MTHCS to discuss.

## Take care visiting aged care

The COVID-19 situation changes rapidly, which means visiting arrangements at our aged care facilities can change quickly. To make sure you are up to date with the latest visiting requirements, please phone the facility prior to your planned visit. This will mean you can confirm visitors are allowed and under what conditions. If you are planning a visit, please expect that you will need to:

- **Have a negative RAT result prior to visiting.** The test can be done at home or on-site. If you need tests, we have both swab and saliva RATs available.
- **Wear an N95 face masks during your visit.** We have these face masks available.



*Pictured above: The roll out of our new signage was held up by the COVID-19 response, so it's great to see it back on track with new decals and signage installed at Sea Lake. Next on the list is our Underbool and Murrayville campuses!*

## Flu vaccines for kids

This year the influenza (flu) vaccine is free for children aged six months to five years. After two years of minimal flu transmission, everyone is strongly encouraged to get their flu vaccination. Please put your name down at our medical clinics to book in for your flu shot.



*Pictured above: Jim is one of the lovely locals who helps out at the Sea Lake campus by watering the garden.*

## Staying safe

With COVID-19 in our communities, remember there are things we can all do to make ourselves and others safer:

- Wear a face mask if you:
  - have any COVID-19 symptoms
  - are with people who may be vulnerable to COVID-19
  - are in a space where you cannot physically distance.
- Get your next COVID-19 vaccine dose as soon as you can.
- If you have COVID-19 symptoms, get tested.
- If you have COVID-19, or you are a contact of someone who does, read Your COVID Checklist and follow the steps.
- You can reduce your risk of infection by maintaining 1.5 metre distance from others where possible, using hand sanitiser and practising good hygiene.
- Ventilation and air filtration helps. Consider opening windows to let the fresh air blow through or catching up with friends outside.



*Pictured above: (top three images) Sea Lake residents during a very productive day in the garden, which included picking silverbeet for the kitchen staff to include with the residents meals; and (above) Biren, from the Sea Lake kitchen, was happy with the fresh produce!*

## Employment opportunities

### Food & Domestic Services Assistant (Casual)

We are seeking an enthusiastic individual to prepare food in compliance with the Food Act 1984. You need to have an approachable manner, excellent problem solving and time management skills.

### Healthcare Workers (Ouyen) Casual

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

**Visit [www.mthcs.vic.gov.au/employment](http://www.mthcs.vic.gov.au/employment) for further information about these and other exciting roles.**