

COMMUNITY UPDATE

June 9, 2022

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Call ahead for Urgent Care

Infections of COVID-19, influenza, gastroenteritis and other illnesses are putting our healthcare system under extreme pressure, including MTHCS Urgent Care Centres.

To help us provide the best care possible, please phone our Urgent Care Centres before arriving (if possible).

This gives us the opportunity to talk to you about your health concerns and explore the possibility of using telehealth, when possible and clinically safe. Telehealth means having a consultation with a healthcare provider by phone or video call. It's not intended to replace essential visits to the doctor, but can be a good solution when medical professionals aren't on-site for face-to-face consultations. Telehealth can also reduce the need to transfer people to Swan Hill or Mildura.

Sea Lake Urgent Care Centre (03) 5070 2155

Ouyen Urgent Care Centre (03) 5092 1111

In an emergency phone 000

COVID-19 and flu vaccinations

COVID-19 vaccinations: It's not too late to get your COVID-19 vaccination. Vaccinations are available through our medical clinics for both adults and children. Please phone your local clinic to make an appointment.

COVID-19 winter vaccination: The eligibility criteria for the fourth dose of the COVID-19 vaccine has expanded slightly, but still has some limitations. Please phone your local medical clinic to discuss your eligibility prior to making an appointment.

Flu vaccinations: Free influenza vaccines will be available during the month of June to people over six months of age. This is part of a State Government move to reduce pressure on the health system by vaccinating people against the flu to avoid illness and hospitalisation. We are working to ensure we have a good supply of vaccines. Please phone your local medical clinic to make an appointment.

Sea Lake Medical Clinic: (03) 5070 2118

Ouyen Medical Clinic: (03) 5092 1168



Know my name

MTHCS Sea Lake staff and residents have embraced wearing name tags (pictured above) so people can easily remember everyone's names. Already, we've noticed an increase of greetings using a person's name. Our name is part of our identity and often the one thing we hang on to, even when our memory can decline. Wearing a name tag is an easy thing to do and helps avoid those embarrassing moments when you forget a name, even though you know the person well! It also helps to make a person feel welcome when they are addressed by their name. This encourages conversation and makes for a happier place to live and work.

Keeping your kids healthy

Children are resilient, so it can be difficult to know when to send them to childcare/kindergarten and when to keep them at home.

In general, if they have any of the following symptoms, it's best to keep them home where they can rest and be cared for:

- Fever
- Cough
- Sore throat
- Green runny nose
- Nausea/vomiting
- Diarrhoea
- Undiagnosed rashes
- Conjunctivitis
- Lethargy
- General discomfort/distress

Our Early Years team members are happy to chat if you are not sure.

Enjoying music together

Manangatang Kindergarten children recently visited the Manangatang Hospital to share some music and songs with residents. You can tell from the photos the children embraced the visit and loved it as much as the residents did!

The kindergarten kids performed a number of their pre-school songs and also played instruments. The residents loved being able to listen the songs and join in. It was a beautiful visit and everyone was really engaged in the music session!



Employment opportunities

MTHCS has a number of non-gender specific roles available. At MTHCS we demonstrate care, kindness and empathy and embrace positive change.

Current full-time and part-time positions available include:

- Children's Educator (qualified, unqualified, trainee)
- Endorsed Enrolled Nurse/Enrolled Nurse
- Mental Health Clinician
- Nurse Practitioner
- Occupational Therapist
- Registered Nurse

Various casual roles are also available.

Visit www.mthcs.vic.gov.au/employment for more information.