

# COMMUNITY UPDATE

November 17, 2022

WWW.MTHCS.COM.AU



## COVID-19 caution as cases rise

COVID-19 case numbers are on the rise again, with Victoria's cases last week up 63 per cent on the previous week. The advice from the Department is to expect another significant spike in COVID-19 cases in coming weeks. Emerging Omicron subvariants are being detected in current cases, but there is no evidence to suggest these subvariants cause more severe disease. However, hospitalisation rates are likely increasing due to waning immunity from past vaccination and the ability of these new subvariants to escape immunity from past infection.

So what does all this mean for communities in the MTHCS catchment? It means our actions NOW will impact on what the Christmas season looks like for all of us –ourselves, our families and, importantly, our Aged Care residents.



*Pictured above: MTHCS allied health team members wearing face masks as part of our COVID-19 infection control measures.*

## Steps to protect yourself and others from COVID-19

Protecting yourself is the best way to protect yourself and the community. If you don't get COVID, you can't spread COVID. These steps can help you stay ahead of COVID this spring:

- Wear a mask: a high-quality and well-fitted mask can protect you from the virus.
- Get your booster dose: new bivalent vaccines targeting Omicron variants are available through our medical centres. To discuss your vaccination, please contact:

**Ouyen Medical Centre: (03) 5092 1168**

**Sea Lake Medical Centre: (03) 5070 2118**

- Let fresh air in: open windows and doors when you can, it reduces the spread of the virus.
- Get tested: if you have symptoms, take a rapid antigen test.
- Stay at home: if you have COVID, you should stay at home for at least 5 days and until you have no symptoms.
- Talk to your doctor: if you are at risk of falling very sick, you may be eligible for COVID medicines.

## COVID-19 and children

Don't forget to keep an eye out for COVID-19 symptoms in your children. While children and young people who get COVID-19 are likely to experience mild symptoms or none at all, they can still transmit the virus to others.

It is strongly recommended that children:

- who test positive to COVID-19 should stay home and isolate for 5 days
- should not attend childcare services/school after 5 days if still symptomatic
- who are symptomatic but have not tested positive should not attend childcare services/school.

More information on managing COVID-19 is available at [www.coronavirus.vic.gov.au](http://www.coronavirus.vic.gov.au)



*Pictured above: Local resident Sheila and MTHCS Interim CEO Tracey Wilson cutting the 25th anniversary cake.*

## Murrayville hosts birthday celebrations for MTHCS

Murrayville hosted 25th anniversary celebrations for MTHCS recently, with local resident Sheila joining MTHCS Interim CEO Tracey Wilson to cut the cake. This event was one of many held across the MTHCS catchment in recent weeks to involve all communities in celebrating the 25 years MTHCS has operated as a Multi Purpose Service (MPS).



*Pictured above: Ouyen aged care resident Glenda McKechnie celebrated her 89th birthday on November 8. Happy Birthday Glenda!*



*Pictured above: Ouyen aged care resident Doreen and PAG worker Lynda, outside in the garden.*



Ouyen Service Centre 5092-1111  
Sea Lake Service Centre 5070-2155  
Murrayville Service Centre 5092-1111  
Underbool Service Centre 5092-1111

WWW.MTHCS.COM.AU

