

COMMUNITY UPDATE

August 4, 2022

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Vaccinate, ventilate, mask up in public places

If you feel like you can't escape from COVID-19 and/or winter colds and flu, remember, there are some easy things you can do to keep yourself (and others) safe:

- **Get your next COVID-19 vaccine** dose as soon as you are eligible. It is strongly recommended you have three doses of the vaccine for the best protection. Some people may be eligible for a fourth dose, while children 5-11 are recommended to have two doses.
- **Ventilate your space.** If it is safe, open as many doors and windows as possible to bring outdoor air into your home. Using fans and air purifiers can also help, as well as leaving doors open in hallways and corridors.
- **Wear a face mask. It's strongly recommended to wear one when you are indoors;** have any COVID-19 symptoms; are with people who are at high risk to COVID-19; and/or are in a space where you cannot physically distance.

Stay at home if you are unwell

When you have cold, flu or COVID-19 symptoms, please stay at home. This is a simple thing we can all do to make ourselves and others in our communities safer. Even if you have symptoms and test negative for COVID-19 using a Rapid Antigen Test (RAT), it doesn't mean you won't pass on your cold or flu to someone else. It may not be COVID-19 but you could still make someone else quite ill. By staying home when you are ill, you are doing your bit to stop illness circulating in our community.

Your patience helps!

A big thank you to everyone in our communities for being understanding and patient as we try to deliver the best health care possible amid staff shortages. Like every other workplace, MTHCS is under a lot of pressure to provide important services with fewer staff members due to illnesses such as the cold, flu and/or COVID-19. It's another challenging winter, but we are very grateful to those who understand we only ever change arrangements or cancel services when we are forced to. We apologise for any inconvenience and hope you understand we are all doing our best in trying circumstances.



Are you up to date?

With the cold and flu season upon us, it's more important than ever to ensure you are up to date with your vaccinations. COVID-19 vaccinations (including booster shots) are available through our medical clinics, as are flu shots. Please phone to discuss your appointment.

Ouyen Medical Centre: (03) 5092 1168

Sea Lake Medical Centre: (03) 5070 2118



Pictured above: (top) Ouyen resident Ron Vine setting the table for everyone at Pattinson House prior to the evening meal.

Keep Urgent Care centres for emergencies

A reminder that our Urgent Care Centres are only for emergencies, not for non-urgent medical advice or prescription refills. If you have non-urgent needs, please consider using the following services:

- **Nurse on Call:** Phone **1300 60 60 24** for immediate health advice from a registered nurse — available 24/7.
- **Health Direct:** Phone **1800 022 222** for medical advice after hours.
- **Instant Consult:** Health consultations with Australian registered, fully qualified and experienced doctors via video call, anywhere in Australia. Medical certificates, prescription and repeat prescriptions can be provided. Find out more online at www.instantconsult.com.au or download the Instant Consult app.



Pictured: (top) Janine and Jenna volunteering in the Pattinson House garden; and (above) Ouyen residents enjoying puzzles and colouring-in.

Employment opportunities

Registered Nurses and Enrolled Nurses (full time and part time positions available):

- Supportive and friendly workplace
- Flexible work arrangements
- Competitive employee benefits

Speak to us today to find out more or visit www.mthcs.vic.gov.au/employment