

COMMUNITY UPDATE

October 27, 2022

WWW.MTHCS.COM.AU

COVID-19 update

The following information is taken from the weekly update provided by Victoria's Chief Health Officer. This information gives you a snapshot of the COVID-19 situation across the state:

- There were 6,860 COVID-19 cases reported in Victoria last week, down 14.7 per cent on the previous week. The average daily number of new cases last week was 980.
- The number of active cases in Victoria is 5,915, down from a peak of 71,428 recorded on 23 July.
- The seven-day rolling average of patients with COVID-19 in Victorian hospitals was 143, a decrease of 3.4 per cent when compared to the same time the previous week.

To stay up to date with the latest advice on COVID-19, visit www.coronavirus.vic.gov.au



Pictured above: Robyn and Vanessa are part of the Social Support team at MTHCS.

New members welcome to join our social support program

We are thrilled to see the return of our Social Support Programs at MTHCS! Members and staff enjoy getting together to complete a range of activities, accompanied by great conversation, in a friendly, warm and welcoming environment. The team love to hear new ideas and are eager to coordinate new activities.

A friendly reminder to members to please let our MTHCS staff know if you will NOT be attending. If we do not hear from you, we will check in on you.

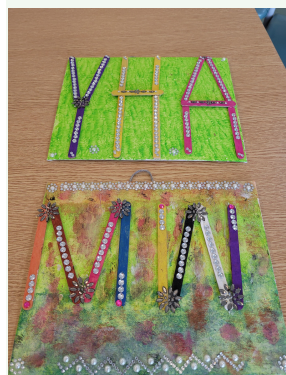
New members are always welcome to join our social support programs. If you are over 65 years of age, please register with My Aged Care (ph 1800 200 422) or if you are under 65 years of age, contact us on 5092 1111.



Pictured above: Sea Lake residents (clockwise from top left) Maureen, Yvonne, Ethel and Pat with their colourings/African ladies that recently won prizes at the Swan Hill Show. Fabulous effort ladies!



Pictured above: Sea Lake resident Ethel Prange recently turned 96 years young and received a birthday blessing from Sea Lake Director of Nursing (and part-time princess) Leanne Adcock. Happy Birthday Ethel!



Pictured above: Bringing a bit of bling into their work are Maureen (top left) and Yvonne (top right), two of the very creative residents at Sea Lake.



Act now to beat mozzies

With the recent floods in many areas across Victoria, the risk of mosquito breeding is high. Mosquitos can carry a number of diseases that can make people very ill and, in severe cases, can even cause death. But simple precautions can help protect your community against mosquitoes and the diseases they may carry:

- Cover up – wear long, loose-fitting clothing. Mozzies can bite through tight clothing.
- Use repellents that contain picaridin or DEET on all exposed skin. Mozzie repellents are your best defence against mosquito bites.
- Use mosquito nets or insect screens.
- Use 'knockdown' fly spray, mosquito coils or plug-in repellent where you gather to sit or eat.
- Limit activity outdoors and move indoors if possible.