

COMMUNITY UPDATE

July 14, 2022

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Winter booster for COVID-19

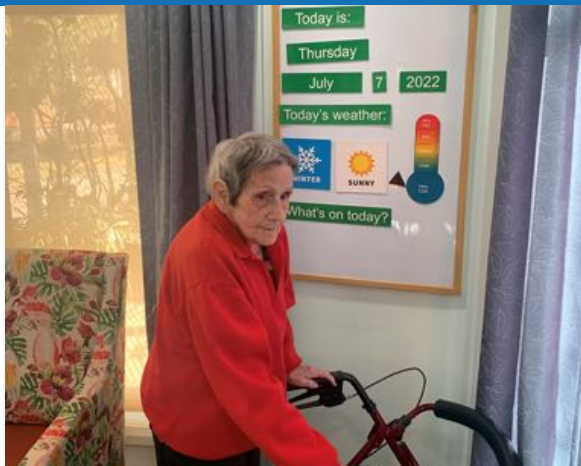
The Australian Technical Advisory Group on Immunisation (ATAGI) has updated its recommendations for winter dose COVID-19 vaccinations. The updated recommendations are:

- Adults aged 50 to 64 years are now recommended to receive a winter booster dose of a COVID-19 vaccine.
- Adults aged 30 to 49 years can receive a winter booster dose of a COVID-19 vaccine, however the benefit for people in this age group is less certain.
- The interval recommended between a recent COVID infection or the first booster dose and a winter booster dose is now 3 months (reduced from 4 months).

COVID-19 vaccines (including booster shots) are available through our medical clinics. Please phone to discuss your appointment.

Ouyen Medical Centre: (03) 5092 1168

Sea Lake Medical Centre: (03) 5070 2118



Pictured above: Ouyen resident Glenda, updating the day board for everyone.

Have you heard about Dry July?

Dry July is a fundraiser that encourages you to go alcohol-free in July to raise funds for people affected by cancer. The funds you raise as part of your Dry July will provide invaluable services for cancer patients, their families and carers – whether it's a lift to a life-saving appointment, guidance from a specialist nurse, connection to an informative voice, access to therapy programs or a bed close to treatment. Having a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers! So you're not only helping others, you're helping yourself.

No limits on visitors to aged care

A reminder that there is no longer a restriction on the number of people who can visit a resident in our aged care communities. All visitors must have a negative RAT result from the same day they visit and all visitors must wear a face mask during their visit.



Pictured: (top) Ouyen resident Irene wearing her name badge and a beautiful smile; and (above) Ella, our amazing casual Registered Nurse (RN), who has been a huge help over the past few weeks. Ella is spending six-month travelling around Europe - we wish her safe travels!

Pictured above: (top) Ouyen resident Alan, wearing his new name badge. Wearing name badges is part of the Montessori model of care as it acknowledges each individual and also acts as a memory prompt; and Ouyen residents Allie wearing earrings she selected herself from her beautiful collection.

Keep Urgent Care centres for emergencies

Our Urgent Care Centres in Ouyen and Sea Lake are not GP clinics and are not for use by people with non-urgent medical needs. If you need to see a doctor for non-urgent care, but are unable to get an appointment, consider using the following options:

- **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.

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