

COMMUNITY UPDATE

November 17, 2022

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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



Join in the fun at Sea Lake

Everyone likes to be useful and everyone can contribute in some way. Pictured above is Sea Lake aged care community resident Ethel Prange, happily helping with the watering in Sea Lake. Thanks Ethel, we really appreciate your help! Did you know community members are welcome to volunteer at our aged care community? If this is something you are interested in, please phone our Volunteer Coordinator Pennie Wisneske on 0437 256 367.



Pictured above: Sea Lake residents and staff were very pleased to see MTHCS maintenance staff member Rick come to spray around the premises to help tackle the mosquitoes.

Stop mozzies breeding around your home

Mosquitoes seem to be everywhere at the moment, so please remember to take extra precautions not to get bitten. You can limit the number of mosquitoes breeding around your home by:

- Removing stagnant water (they can breed in even in the tiniest amounts of water);
- Keeping lawns and gardens trimmed back to reduce the areas where mosquitoes rest;
- Changing pet drinking bowls, bird baths etc often.



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

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