

COMMUNITY UPDATE

August 11, 2022

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RATs are important and effective

Rapid Antigen Tests (commonly known as RATs) remain a very important tool in managing COVID-19 in our everyday lives. Here's a few points to consider when using RATs:

- RATs are a quick and accurate way to test for the virus that causes COVID-19. These tests continue to detect the current variants circulating in Victoria.
- If you are symptomatic or a close or social contact, it is important to repeat rapid antigen tests over several days to increase the chance of detecting COVID-19 infection.
- Early on in a COVID-19 infection when virus levels are still low, a RAT may not be detect COVID-19 but you may still be infectious.
- Once you have a positive result, you have COVID-19 and should begin your seven (7) days isolation.
- If you have symptoms but test negative for COVID-19, you may have developed another respiratory infection. Please stay home until you are well again to help stop the spread of infectious diseases in our communities.

Caring for people with COVID-19

Many amazing people in our communities are caring for loved ones with COVID-19. While you may not hear about COVID-19 everyday, it's still very active in our communities and we need to continue to support each other. If you or someone you care for has COVID-19, there's a range of easy-to-follow checklists online at: www.coronavirus.vic.gov.au/im-a-covid-case-contact or phone the 24/7 Coronavirus Hotline on 1800 675 398

Visiting aged care

We are aware that occasionally community members who are unwell – but have a negative RAT result – do arrive wanting to visit our aged care residents. This is a serious concern from an infection control point of view. As such, we'll be asking people not to visit if they have been unwell or have close contacts who are unwell. We need to protect the health of our residents and staff, so please understand we may have to cancel your visit if you arrive and are unwell. As always, we ask you phone us to organise your visit ahead of time.

OUYEN

- Pattinson House Ph: 5092 2559
- Canon TD Martin Nursing Home Ph: 5092 1111

SEA LAKE

- Kaleesa Nursing Home Ph: 5070 2155



Pictured above: Pattinson House residents loved making "family tree scrabble" to keep and display. What a beautiful way to remember family!



Call out for volunteer drivers

Have you got a few hours to spare to make a big impact in your community? Jane (pictured above) is one of our volunteer drivers who naturally brings a smile to the face of those around her. Thanks to Jane we have recently been able to reinstate transport to the Murrayville community. If you would like to support others to travel to appointments, social outings and shopping in your local community please contact our office on 5092 1111. You can pick your own schedule and we will provide the car, education and training (including basic first aid).

Employment opportunities

MTHCS is an Equal Opportunity Employer and enjoys a multicultural and diverse workforce.

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

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

Find out more about these and other career opportunities at

www.mthcs.vic.gov.au/employment



Bike riding adventures!

Children at Ouyen's Mallee Minors Childcare recently donned their vests and helmets for a bike riding excursion (pictured above) that took them to the trotting track, footy oval and Pattinson House. It was a fabulous morning that even included a picnic for morning tea and some lollies (as a special treat!). There was lots to see and talk about and on the way back they stopped to see the residents at Pattinson House, who loved asking the children where they had been. A great adventure for everyone!



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Mallee Track Health and Community Service

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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