

# COMMUNITY UPDATE

August 11, 2022

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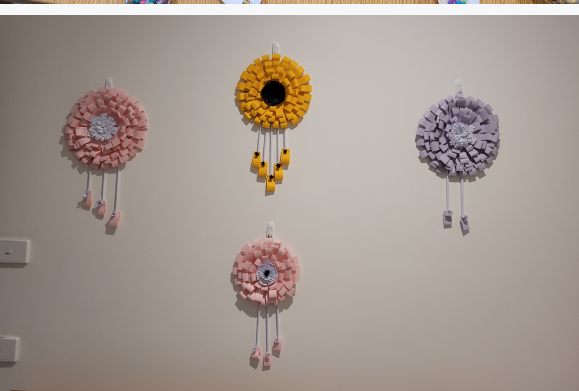
## RATs are important and effective

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](http://www.coronavirus.vic.gov.au/im-a-covid-case)-contact or phone the 24/7 Coronavirus Hotline on 1800 675 398



*Pictured above: Sun catchers and artworks made by our very talented Sea Lake residents.*

## 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](http://www.mthcs.vic.gov.au/employment)

## 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. Remember, 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. As always, we ask you phone us to organise your visit ahead of time.

### SEA LAKE

- Kaleesa Nursing Home Ph: 5070 2155

### OUYEN

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

*Pictured below: Sea Lake residents mixed it up a bit with their morning exercises enjoying a session with pool noodles hitting a balloon around. Great fun!*



## Beautiful dolls at Sea Lake

You never know what amazing activities our Leisure & Lifestyle team will come up with next. At Sea Lake recently, Pam from Leisure & Lifestyle made African dolls from rolled newspaper (see above) . Pat (above left) and Maureen (above right) then painted the ladies. They were very proud of their efforts – and rightly so! The finally products are exquisite. Amazing work ladies!