

COMMUNITY UPDATE

July 21, 2022

WWW.MTHCS.COM.AU

Winter wave of COVID-19

Victoria is preparing for a "winter surge" in COVID-19 infections, with subvariants showing an increased ability to evade immunity from vaccinations and earlier COVID-19 infections. This means even if you have been vaccinated and/or you have had COVID-19, you could still become infected by the new strain (also called "subvariant") of COVID-19.

What can you do?

- Keep up to date with your COVID-19 and flu vaccinations.
- Keep a 1.5 metre distance between yourself and others.
- Make sure there is good ventilation indoors
- Wear a good quality face mask (e.g. a well-fitting surgical mask or respirator).
- Cough/sneeze into your elbow.
- Practice good hand hygiene.
- If you have COVID symptoms take a Rapid Antigen test (RAT) as soon as possible and if it's positive, report your test online as soon as you can.
- If you're COVID positive, check as soon as possible what medicines are available to help prevent you from getting so sick that you end up in hospital.
- **Save triple 000 for emergencies.** If it's not an emergency, call the National Coronavirus Helpline (1800 020 080) or the 24/7 Nurse-On-Call hotline (1300 60 60 24) for immediate, expert advice.



Pictured: Ouyen residents Pat (top) and Ethel (above) with their new name badges. Name badges are an important part of the Montessori model of care we are introducing to our aged care communities. Name badges for staff and residents acknowledge the individual and act as memory prompts.

Plea for patience

COVID-19 is having an impact on MTHCS and the services we provide our communities, including Allied Health and Early Years services. We have serious staff shortages and we may have to cancel or limit services at short notice. If we have to cancel your appointment/service at the last minute, or we have to reschedule, please be understanding. We are all doing the best we can in difficult circumstances.



Pictured above: MTHCS has a number of services available to members of the Underbool community.

MTHCS services in Underbool

While the main MTHCS campuses are in Ouyen and Sea Lake, we also have services available in a number of towns. In Underbool, MTHCS services include:

- District nursing
- A Rural Outreach Worker
- Delivered meals
- Community transport
- Social support
- Allied health services
- Early Years Services

Check our website mthcs.com.au for a full list of visiting services. Call us to discuss your needs and we can work out the best way to deliver these services for you.

Rethink diabetes

Living with diabetes is not easy. It's not a choice. And there are no days off. People can think people cause their diabetes, but nobody chooses diabetes. So let's rethink how we think about diabetes. Let's reduce the burden with more compassion. Let's reduce the blame with more understanding. Let's reduce the barriers and help people get support. Speak to our medical clinic about your risk of diabetes and the ways we can help you manage this.

COVID-19 winter booster

A fourth dose (winter dose) of a COVID-19 vaccination is now recommended for adults aged 50 to 64 and is also available for adults aged 30 to 49 years. The interval recommended between a recent COVID-19 infection or your third dose and a winter dose is now 3 months – reduced from 4 months. Please call the Ouyen clinic if you would like to book in for this vaccination.

Ouyen Medical Centre: (03) 5092 1168



Pictured: Thank you to Tsharni Burns for donating this beautiful print, which hangs above the piano in the lounge at Pattinson House for residents to enjoy.

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



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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