

# COMMUNITY UPDATE

July 21, 2022

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## 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.

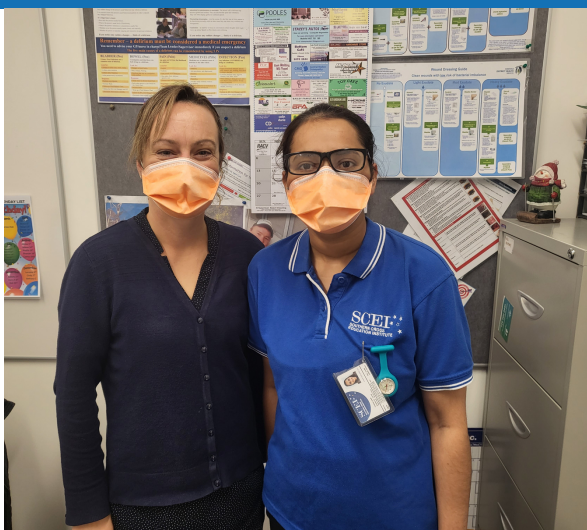
## Plea for patience

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.



## Sea Lake community asked to be involved in rural health research

Pictured above is Dr Nerida Hyett from the Murray Primary Health Network (PHN) and MTHCS CEO Lois O'Callaghan, who met recently to discuss Dr Hyett's research for the Sustainable Rural Health Project. This is an important piece of research for the Buloke, Loddon and Gannawarra shires that aims to co-design and trial health care services that meet local peoples' long-term health needs and priorities. Dr Hyett is keen to talk to Sea Lake community members about their rural health needs. If you are interested, please contact Dr Hyett on 0457 257 313 or email : [nhyett@murrayphn.org.au](mailto:nhyett@murrayphn.org.au)



Pictured above: MTHCS District Nurse Deb Watson and student nurse Prabhjot Kaur.

## MTHCS top of the list!

MTHCS recently hosted student nurse Prabhjot Kaur, who really enjoyed her time in the Mallee. This is what she had to say:

*The team work and support at MTHCS is amazing and how you guys work and treat each other with respect and care factor is unique. I wish you will keep it up in future. Deb, Leanne, Laura and all the nursing and reception staff is [sic] so polite and respectful. I have enjoyed my placement very much. Thank you so much for having me and making me feel included and cared.*

## 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 Sea Lake medical clinic to book your vaccination.

**Sea Lake Medical Centre: (03) 5070 2118**



Pictured: One of our fearless residents getting up close and personal with a snake during a recent visit from environmental educator Enviro-Edu.

## 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](http://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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