

COMMUNITY UPDATE

May 12, 2022

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Three steps to visiting aged care

Visiting arrangements at our aged care facilities can change quickly if we are responding to a COVID-19 exposure, so if you are planning a visit, there are three things you must do:

1. Call ahead. This ensures you know what the latest visiting requirements are and we can plan for your visit.

Sea Lake (03) 5070 2155

Pattinson House (03) 5092 2559

Ouyen Nursing Home (03) 5092 1111

2. Have a negative RAT result prior to visiting. The test can be done at home or on-site. If you need tests, we have both swab and saliva RATs available.

3. Wear an N95 face masks during your visit. We have these face masks available.

Winter booster not for everyone

The winter COVID-19 booster (or fourth dose) is only recommended for people at higher risk of severe illness from COVID-19. Not everyone is eligible for the winter booster. To be eligible, you must be:

- 65 years or older
- a resident of an aged care or disability care facility
- 16 years old and over with severe immunocompromised, or
- Aboriginal or Torres Strait Islander and aged 50 years and older.

People who had COVID-19 after their first booster should wait 4 months before having a winter dose.

Thank you to our volunteers!

It's that time of the year when we take a moment to say "thank you" to the many wonderful volunteers we have across our catchment. You remain the heart of our organisation and we are most grateful for what you do, especially the care and support you show our community.



Pictured above: (top) John, MTHCS Meals on Wheels volunteer and Mary; (below) afternoon tea, a movie and popcorn was one way we recently thanked our volunteers, who do an amazing job every day in the Mallee. Thank you for everything you do, we really do appreciate your dedication and commitment.

Household contacts help to stop the spread of COVID-19

A reminder that if you are a "household contact" of someone with COVID-19, you are not allowed to visit a hospital or aged care facility. To help stop the spread of COVID-19, we are also asking "household contacts" not to take part in other activities at MTHCS (e.g. swimming lessons in the hydro pool) during the time they are exposed to COVID-19. You are considered a household contact if you have spent more than four hours with someone who has COVID-19 inside a house, accommodation or care facility. You are considered a household contact for 7 days. If you have any queries, please phone MTHCS to clarify.



Hand hygiene at Mallee Minors

Hand hygiene is an important part of staying healthy, so on Hand Hygiene Day (May 5) we read a story about washing hands. We spoke about germs, how germs can be hard to see and times when hand hygiene is needed. After the story we also did a science experiment pretending pepper was germs. The children dipped their fingers in the water and the 'germs' stuck to their fingers. When we put soap in the bowl the soap made the pepper disperse. The children were then able to identify that the soap was making the germs disappear.

Reach Out Rural Learning Hub

Mallee Track Health and Community Service has entered into a partnership with six other Victorian Multi-Purpose Health Services (MPS) to establish "Reach Out Rural Learning Hubs" forming an industry-based network of rural health agencies to facilitate health industry training.

Initially, the Reach Out Rural Learning Hub at Mallee Track Health and Community Service will offer the Certificate III in Individual Support - Ageing, Home & Community - CHC33015 for both current staff and interested local community.

The course can be completed in six months, combining work, on the job training and more formal structured learning. This entry level course is for people who may want to change careers, leave school, mature age or just want a career in health supporting older people at home or in a residential aged care setting.

To take up this opportunity, register your interest by Friday 13th May, 2022 by emailing payroll@mthcs.vic.gov.au