

# COMMUNITY UPDATE

October 6, 2022

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## When to wear a face mask

Face masks lower your chance of catching and spreading an airborne virus. That's why wearing a high-quality and well-fitted face mask can help protect you and those around you from COVID-19. Face masks are still required:

- while visiting a hospital, care facility or any other indoor space that is publicly accessible in a healthcare setting, including allied health settings;
- while working in a resident-facing role in an indoor space at a care facility, including when not interacting with residents
- after being tested for COVID-19 and awaiting results
- while outside your premises, if you have COVID-19 or are a close contact and are permitted to leave your premises.

To stay up to date with the latest advice on COVID-19, visit [www.coronavirus.vic.gov.au](http://www.coronavirus.vic.gov.au)



When it comes to footy finals, a good pie is hard to beat! Pictured above (clockwise from top left) is Sea Lake resident Lorna enjoying a pie; and fellow residents Digger, Pat and Yvonne sitting down to a footy lunch of a nice meat pie.

## COVID-19 vaccines available

To receive the best protection against serious illness or death from COVID-19, you should stay up to date with all vaccinations recommended for your age or individual health needs. Boosters are important to maintain this protection. To book in for your vaccination, phone your closest medical clinic to discuss your appointment.

**Ouyen Medical Clinic (03) 5092 1168**

**Sea Lake Medical Clinic (03) 5070 2118**

## RAT reminder

Don't forget to test for COVID-19 using a Rapid Antigen Test (RAT) if you are symptomatic, if you've been exposed to someone with COVID-19 or if you have been in large crowds. It is still important to limit COVID-19 in our communities. It's a small thing to do that will help protect you and your loved ones.



Pictured above (clockwise from top): Prize-winning African ladies created by Pat and Yvonne; Maureen's winning entry in the colouring section; and Ethel's colouring entry that won third prize.

## Success at Swan Hill Show!

Four residents at our Sea Lake aged care community were among the prize winners at the recent Swan Hill Show! A big congratulations to Pat Prater, Yvonne Amos, Maureen Wright and Ethel Prange who all won prizes for their artistic creations at the show.

Pat Prater took out first prize for the African ladies she created, followed by Yvonne Amos, who won second prize in the same category. In the colouring section, Maureen Wright won first prize and Ethel Prange won third place.



## WORK WITH US

"We care for and support our community. It's challenging and rewarding. I learn something new every day."

## Endorsed Enrolled Nurses and Registered Nurses (Ouyen & Sea Lake)

MTHCS is currently recruiting Enrolled and Registered Nurses to join our team in Ouyen and Sea Lake. Using a problem solving approach in the delivery of nursing care, these nursing roles collaborate with all members of the multidisciplinary healthcare team to contribute to the delivery of quality care. If you are interested, talk to us today.

**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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