

Staying COVID-19 Safe

Let's look
after
each other

We are together as a community

Keeping COVID-19 careful and safe

Restrictions are being lifted in Victoria – and most people in our community, whose lives have been changed in the past couple of months, and who have followed the rules to stay safe, are resuming work, sport and meeting with family and friends. We will need to carefully adjust as the tight restrictions on movement and social activities relax into a “new normal” way of life!

It is not unlikely that we could have COVID-19 outbreaks in our local area – we all will need to continue, as individuals, groups, clubs and businesses, to act and work together staying mindful, careful and safe.

The best ways to do this are to keep our distance – 1.5 metres apart when out and about, the length of a pool noodle!

We need to keep everything clean – especially our hands. Thoroughly wipe down commonly touched items and surfaces with a mild detergent and warm water. Cleaning should include a mechanical action such as wiping or scrubbing.

Many people may worry about how the changes affected their lives and our community, and how we personally have been affected mentally, physically and financially. When we worry about what can happen, it can interfere with our ability to do things and carry on with our everyday activities.

It is important to know that there are lots of local supports and information to help us with our worries and to help us deal with these difficult times.

Reach out to family and friends, and make contact with a relevant service or support to help you decide on the best way for you to get the assistance you may need to continue staying safe.

Do not wait – make your health care appointments

Many people have taken the responsibility to stay at home very seriously during the pandemic and due to their concern over the coronavirus avoided seeking important medical consultations with their GP, or have not been going for regular tests such as heart, blood pressure and diabetes monitoring, breast and cervical screens or skin checks.

Patients may think they don't want to be a burden and shouldn't come in because they're not sick enough.

You should never wait - finding problems early means that your chances for effective treatment are increased.

There are currently three easy ways to safely consult your healthcare provider: by telephone, online video calls, or in person.

Contact one of the local practices about the best way to receive the health care you need.



Expert Advice Matters – Get it checked

Current COVID-19 Community Safe information:

- ✓ **COVID-19 Safe Community Information Hub**
Visit **108 Main Street from Friday, 5 June** – a place to check in on information about how we can continue to keep our local community safe for everyone. You may even be invited to demonstrate your hand cleaning technique!
- ✓ **Small Business Recovery Workshop**
“Social Distancing in Action”
Wednesday, 24 June, 6pm
Stawell Entertainment Centre

Link to join in online:

www.ngshire.vic.gov.au/Business-events-and-workshops

Why we will be working together with our community

The Health Services and the local council are working in partnership with our communities to keep COVID-19 safe

Our communities, who have shown courage and resilience during the COVID-19 lockdown period are celebrating our current success in managing to keep coronavirus infections from spreading and infecting our people, and with the state restrictions easing we are now aching to get out and about again. We would like to extend our gratitude to everyone who stayed at



A socially distanced catch-up meeting - Liana Thompson, CEO, Northern Grampians Shire Council; Kate Pryde, CEO, Stawell Regional Health and Greg Little, CEO, Grampians Community Health.

home and to those who came for testing - it all contributed to the crushing of the curve in our region.

As a leadership group we know it is important for us not to be complacent – we will all need to keep working together to stay COVID-19 careful and safe.

Together we are combining our strengths to share practical information and motivation for all businesses and individuals in this joint newsletter – we want to make sure we are all taking responsibility in helping to support each other to keep this region clear from a possible outbreak of infection.

We are looking forward to keep working with you and will be keen for you to participate in any of the activities scheduled for the next few months, including visiting our COVID-19 Community Safe site, 108 Main Street and participating in the small business recovery workshop on Wednesday 24 June.

Stay safe. Liana, Kate and Greg

Cleaning your hands – it really matters!

Infectious diseases such as COVID-19 can be spread from one person to another by unclean hands. Washing your hands well, or using hand sanitiser in the right way, protects you, your family and your community.

What to look for in hand sanitiser

When shopping for hand sanitiser, *make sure you choose a sanitiser that contains between 60-95% alcohol.*

When to use your hand sanitiser

Carry a hand sanitiser with you and use it to clean your hands – it is easy and only takes about 20 seconds!

- Keep a hand sanitation 'station' at entry doors for people to use before they come into your home, or into the homes of elderly family members
- Use the sanitiser *every* time before you enter or leave any building
- sanitise before and after you've pushed a cart around the store
- after touching your vehicle's steering wheel and after filling it with fuel
- after handling money; and
- always wash your hands (with either soap and water, or hand sanitiser) after each time you cough and sneeze.

Alcohol handrub hand hygiene technique

How to clean your hands in the right way

The process should take 15–30 seconds

How to stay safe and well

What we need to do

Staying safe, doing our bit

The more space between you and others, the harder it is for the virus to spread. To keep yourself, and your friends, family and community safe everyone has to continue with keeping at least 1.5 metres away from others.

Our hospitality venues are asking us to 'play by the rules' to help them as they are reopening under strict social distancing guidelines. Check their booking policy, and if you make a booking, you need to:

- keep to the agreed number of people,
- arrive on time and leave when required, and
- let them know in time if you can't make it.

All local businesses are working hard to implement the new social distancing guidelines in their places of work or in their shops - if you notice a mistake, kindly let them know directly... they are, as we are, still learning how to do business and to stay COVID-19 Safe at the same time.

COVIDSAFE app

The COVIDSafe app will help to slow the spread of the coronavirus (COVID-19). It speeds up the process for notifying people who may have been exposed to coronavirus.

Downloading, registering and using the app is something you can do to protect you, your family, friends and the community. Check that COVIDSafe is active when you are out, or are likely to come into contact with others.

If you are sick, stay away, get tested

It is more important than ever that you stay at home if you are feeling unwell – if you have coronavirus symptoms speak to your doctor about getting tested.

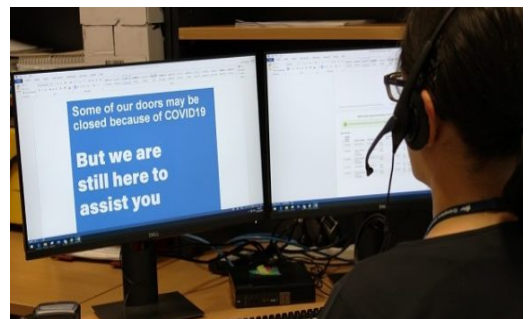
If you are advised, after testing, by a doctor or healthcare worker to stay home, you should return to your home immediately to avoid potentially spreading the virus to other people. Remain in isolation at home until you get your test result.

Contact the Grampians Community Health Home Isolation program to assist you in getting the support you may need to remain at home safely.

Check the facts.

Public information is regularly updated as health authorities around the world learn more facts about the virus and the risk. It is important to get your information from somewhere you can trust to avoid getting caught up with false claims that can put you and your health at more risk.

The Northern Grampians Shire Council provides regular COVID-19 Safe related news updates to keep our community informed - including service changes from the council and other community services and also health information and business updates and support.



Important Contact Numbers



There comes a time in everyone's life that we need assistance – reach out and make contact with the relevant support service to help you with what you need.

Health Matters

- **Urgent Care – Stawell Regional Health**
 - ⌚ 24 hours a day, 7 days per week
 - ☎ **5358 8500**. Visit the SRH website: www.srh.org.au
- **Stawell Medical Centre**
 - 26 Wimmera Street, Stawell
 - ⌚ Monday – Friday: 8am to 5.30pm
 - ☎ **5358 1410**
- **Patrick Street Family Practise**
 - 8-22 Patrick Street, Stawell
 - ⌚ Monday – Friday: 9am to 6pm
 - ☎ **5358 7555**
- **David Lia**
 - 34 Sloane Street, Stawell
 - ⌚ Monday – Friday: 9am to 12.30pm and 2pm – 5pm
 - ☎ **5358 1377**
- **Budja Budja Medical Clinic**
 - 20-22 Grampians Road, Halls Gap
 - ⌚ Tuesday – Friday: 9.00am – 4pm
 - ☎ **5356 4751**

Wellbeing support

- **Grampians Community Health**
 - Provides COVID Safe community support; including home isolation, mental health and general wellbeing support.
 - ⌚ 9am - 5pm. ☎ **5358 7400** or
 - ✉: home.isolation@gch.org.au

Business and Lifestyle Support

- **Northern Grampians Shire Council**
 - For COVID-19 business information and local council matters. ☎ **5358 8700** or visit the website: www.ngshire.vic.gov.au
- **Business support - Rural Financial Counselling Service**
 - Free, independent, confidential, professional planning and support service for businesses and farmers.
 - Appointments can be over the phone or via zoom with Patrick White - Rural Financial Counsellor ☎ **5381 1646** or **0427 340 621**
 - ✉: patrick.white@wswrcs.com.au or visit www.wswrcs.com.au
- **CAFS –Financial Counselling**
 - Individual support to people who find themselves in financial difficulty through unresolved debt. ☎ **1800 MYCAFS** or visit www.cafs.org.au/financial-counselling
- **Money help - ☎ 1800 007 007**
- **Tenants advice line 03 9416 2577** or visit www.tenantsvic.org.au
- **NDIS Access Request Form** is now available www.ndis.gov.au
- **COVID-19 Hotline 1800 020 080**

Social distancing helps prevent unintended droplets from other people falling on you.

