

West Wimmera Health Service



CORONAVIRUS (COVID-19) Notice to the Community No. 1

Current as at 12 March 2020

If you or anyone in your care experiences Coronavirus symptoms including fever, shortness of breath, cough, sore throat or fatigue **AND** you have recently been overseas or had immediate contact with a person with confirmed coronavirus then:

Please do not come to a West Wimmera Health Service (WWHS) facility (i.e. a hospital, nursing home, hostel or community health centre located in Nhill, Jeparit, Kaniva, Rainbow, Goroke, Natimuk, Minyip, Murtoa and Rupanyup).

Please do:

- call your local GP / doctor service in business hours; or
- call the Coronavirus Hotline on 1800 675 398; or
- call West Wimmera Health Service on 5391 4222

If at any time you or others have a high fever or are having difficulty breathing call “000” immediately and request an Ambulance.

Anyone who does present to a WWHS facility will be cared for however by following the above you will be helping to protect our vulnerable patients and residents as well as reducing the likelihood of the virus spreading if and when it arrives in our communities.

လိပ်ကွဲးပျို့ဒီးတၢ်ဂၢ်တၢ်ကျိအံၤလၢပူၤကညီကျိၣ်န့ၣ်အိၣ်စ့ၣ်တၢ်စိၣ်ဒၣ်လၢန့ၣ်တၢ်မၤလိလိၤဒီးဒိတၢ်ခါတၢ်ပူၤအလီၤန့ၣ်လီၤ



Ten ways to reduce your risk of coronavirus

- **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.
- **TRY** not to touch your eyes, nose or mouth.
- **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- **PHONE** your GP first if you need medical attention. They will tell you what to do.
- **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- **DON'T** wear a face mask if you are well.
- **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- **GET** the flu shot (available April).
- **SHAKING HANDS** is optional!



Find out more
www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the
Coronavirus hotline 1800 675 398 (24 hours)
Please keep Triple Zero (000) for emergencies only.