

As the Coronavirus begins to spread through rural communities it is worth reiterating that the best way to stop Coronavirus from spreading in our community is to **stay at home**.

Most of our employees who are able to work from home are now doing so and we understand that this is also happening with other organisations in our community.

The latest Government measures prohibit being in public with more than one other person (excluding members of the same household) and the rule of staying **at least 1.5 metres away** from another person continues to apply.



Keeping up to date on what is happening is important...

It is just as important to limit our time looking or listening to the news...



WWHS



**People are social animals.
Let's stay connected.**

We may have to stay at home but that does not mean we can not stay connected to friends and family.

We live in a digital age, let's use it to stay connected and help each other through this.



WWHS

West Wimmera Health Service's residential aged care facilities and hospitals remain in full lockdown mode until further notice which basically means that only patients, residents and staff are allowed in our facilities. We are encouraging friends and family to phone or use Skype or Facetime so they can see faces when catching up. We also have arrangements in place so that people can sit outside a resident's window while talking to them on the phone.

We continue to deliver essential front line services to our communities mostly by telephone but in person when such contact is absolutely unavoidable. We are identifying and contacting regularly any high risk clients who may be further impacted during periods of social isolation and physical distancing.

A number of other resources and helplines can be used for various issues including:

Mental Health Services Hotline - 1300 661 323

which is a 24 hours a day, 7 days a week support service.

Uniting Wimmera Family Counselling and Support service - 1800 195 114.

The Rural Outreach Program - 1300 688 732 or individual staff as follows:

Mal Coutts - 0418 91 210

Ali Baker - 0475 986 712

Murray McInnes - 0436 815 615



Exercise not only changes your body. It changes your mind, your attitude and your mood.

It is important you keep moving even if you have to stay at home.



Telehealth appointments can be made with our Social Workers but will be triaged to address the high demand at this time. Please contact West Wimmera Health Service on 53914222 or email intake@wwhs.net.au

Please stay safe, stay at home for as much as possible and keep up to date with the latest developments on the Coronavirus by visiting <https://www.dhhs.vic.gov.au/coronavirus> or call the Coronavirus Hotline on 1800 675 398.

In an emergency always call 000 straight away.

We take this opportunity to express our gratitude for the work provided by all community facing workers at this time. People and organisations such as our nurses, personal carers, supermarket employees, takeaway food outlets, council workers, schools, early learning centres, local GPs, pharmacies, petrol stations and many more are doing a great job under extra challenging circumstances. Please be extra kind to them.

In closing we take this opportunity to thank everyone in our communities for by and large doing the right thing and following the government's directions particularly in relation to social distancing. You are saving lives.

If you have any queries in relation to this update please do not hesitate to contact our Chief Executive Officer, Ritchie Dodds on 53914218.



You may have to stay inside

But you don't have to stay on the couch

How can you be active at home?

