

Thank you for keeping our communities safe

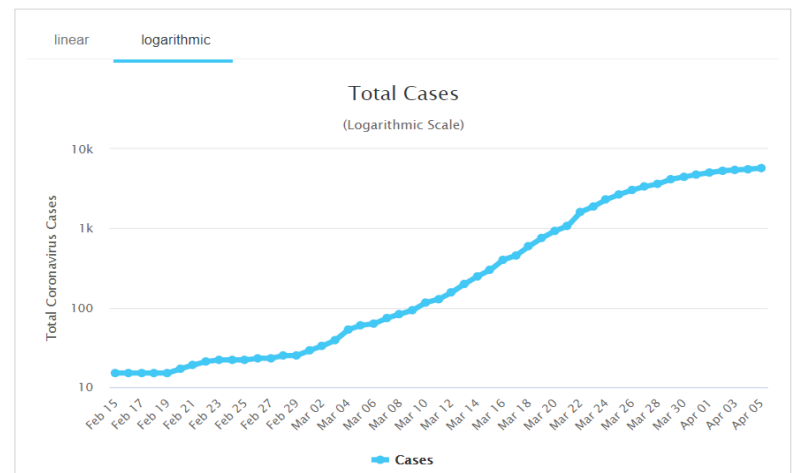
Thank you for everyone who is staying at home.

Thank you for self-isolating if you have symptoms like a fever or a cough.

Thank you for social distancing and respecting one another when shopping for essentials such as groceries.

Thank you to our healthcare workers who continue to go about their roles with great care and compassion despite the uncertainty that surrounds the Coronavirus.

Total Coronavirus Cases in Australia



The curve we hear a lot about is starting to flatten (see chart) so we can be cautiously optimistic that we might avoid the worst case scenario.

The worst case scenario would see all of our hospitals full with sick people unable to get the treatment they need anywhere in Victoria. But if we continue to follow the clear rules about social distancing and good hygiene then we can avoid that scenario.

It will still be challenging but many lives will be spared if we can keep **that curve flattening out** and then see it start trending downwards.

As of 6 April 2020, Victoria has 1,158 total confirmed cases. 45 people are in hospital, including 11 people in intensive care. 10 people have died. 620 people have recovered. The total number of cases in Australia is currently 5,710.

The above figures are not just numbers; they represent real people. And the only way to stop future increases in Coronavirus cases and deaths is for everyone to do the right thing by themselves and everyone else and keep following the experts' advice.

For now there remain only 4 reasons to leave home:

- shopping for what you need - food and essential supplies
- medical, care or compassionate needs
- exercise in compliance with the public gathering requirements
- work and study if you can't work or learn remotely

Yes this can be challenging if your house is quiet and you feel lonely. It can also be challenging if you have a house full of people, adults working from home and kids on school holidays desperately missing their friends.

But our communities are resilient and we can and will get through this together!

One coping strategy is to reflect on our experiences of previous challenges and how we managed through them to eventually make it safely to the other side. The economic and emotional challenges of droughts have lasted years at times and many of us have withstood those challenges and if anything been made stronger for the experience.

At West Wimmera Health Service we're encouraging each other to think about what are the first things we'll do when the COVID-19 restrictions begin to be lifted (which they will eventually). What is it that is most important to you in life and how will you create more of it in the future?

Let's focus on the many years of wonderful times ahead where we can play sport again or when places such as 'Aunty' Lowana again supply the delicious scones and morning tea that make us hungry just thinking about them! Where we can celebrate milestone birthdays and be present in the magic of a wedding. Where we can all come together and listen to each other's stories about how they managed through the Coronavirus pandemic.

Thank you for supporting us as your Health Service in making our job easier by reducing the spread of COVID-19.

WITH SO MUCH
INFORMATION AROUND
COVID-19



MAKE SURE YOU GET IT
FROM A REPUTABLE
SOURCE

Here is a list of some other trustworthy
sites to stay informed:

Victorian Department of Health
www.dhhs.vic.gov.au

Better Health Channel
www.betterhealth.vic.gov.au

Australian Government Department of Health
www.health.gov.au

For more information
you can call the
Coronavirus Hotline on:

National Coronavirus Hotline
1800 020 080

Victorian Coronavirus Hotline
1800 675 398