



Community Update COVID-19 – Wednesday May 5, 2021

This update is provided to keep our community informed during the COVID-19 pandemic.

If you have concerns about your health, contact your Doctor or call the Coronavirus hotline on 1800 675 398.

You can work with us to minimise transmissions by keeping up to date with information provided at www.health.gov.au www.dhhs.vic.gov.au/coronavirus

MARK ASHCROFT – CEO

Vaccination

- **Message for Community;**

It's easier than ever to get the COVID-19 vaccine – and from Monday 3 May, everyone aged 50 and over is eligible.

If you're eligible you can visit one of Victoria's high-volume vaccination centres from 3 May. Walk-ins are allowed, but people are encouraged to book ahead by calling 1800 675 398 (select option 3, option 2, option 2). You can book now for 3 May onwards.

Trained health professionals will administer the vaccine on site in a private booth. You can ask them any questions – or you can ask your GP.

High-volume vaccination centres currently operating are located at www.coronavirus.vic.gov.au/high-volume-vaccination-centres

Getting vaccinated against COVID-19 protects you, your loved ones and our whole community.

If you want to know more about the Australian Government's COVID-19 vaccination program, visit www.health.gov.au or speak to your GP.

- To check eligibility, and find which GP clinics near you are providing vaccinations, go to: <https://covid-vaccine.healthdirect.gov.au/eligibility>.
- BHS is working with the vaccination team at the AWH PHU to ensure that our staff and our community every opportunity to access vaccinations in accordance with the guidelines in the above dot point.

Visiting

- There are no longer restrictions on the number of visits or length of visit for patients or residents.
- Density limits and all other BHS COVID-19 safe visiting guidelines remain - refer to Fact Sheet: Visiting on intranet and at entry points for full guidelines.



Community register

- Indigo Shire Council is seeking to create a community register for people who would like to be contacted in the event of emergencies to find out what support Council can provide and to be connected to other local services as appropriate. Joining is voluntary and we will not share your details without your consent.
- If you would like to be added to the register please contact the Ageing Well Officer on 0428 662 412 or kate.otoole@indigoshire.vic.gov.au

Fitness to attend BHS

Unless to receive urgent care, no person must enter BHS if you:

- Are awaiting a coronavirus (COVID-19) test result
- Are unwell with symptoms of coronavirus (COVID-19), such as a cough, sore throat, runny nose, shortness of breath, fever or loss of sense of taste or smell
- Have a temperature higher than 37.5 degrees Celsius
- Have arrived in Australia within the last 14 days
- Have visited a designated overseas or interstate red zone in the last 14 days
- Have visited a designated interstate orange zone in the last 14 days? Refer to [Coronavirus \(COVID-19\) Victoria page](#) for the latest information
- Have you visited a designated interstate orange zone in the last 14 days? Refer to [Coronavirus \(COVID-19\) Victoria page](#) for the latest information
- Have spent time at an identified exposure site in Victoria or interstate in the past 14 days
- Have been diagnosed with coronavirus (COVID-19) without yet having been given clearance from self-isolation
- Have been released, visited or worked/volunteered in a hotel quarantine facility in the last 14 days
- Are currently recovering from gastroenteritis or are you living with someone currently recovering from gastroenteritis

QR Code

- BHS now has a Quick Response (QR) Barcode to help with contact tracing.
- The QR code also enables BHS to have real time access to the most up to date entry screening questions.
- Check-in data is housed in secure databases managed by the Victorian Government - BHS receives a daily report that tells us how many people have checked in
- Unless requested for COVID-19 contact tracing, data is deleted after 28 days
- Visitors can complete entry screening and register their visit using the QR code or complete screening questions at entry point & manual sign
- Visitors follow existing entry protocols
- Visitors to aged care must sign in the visitor book located at the unit





Staying Connected

Phone, email, Skype and social media are available for to stay connected with their loved ones, iPads are available in each unit

COVID-19 update

PREPAREDNESS

- An outbreak management team is established to coordinate action in the event of an outbreak at BHS
- BHS continues to act on all advice from the Vic Dept of Health and Human Services (DHHS) and work with local and referral service partners in our pandemic planning response to ensure local level coordination of service response and service delivery

ZONES

- BHS is minimising movement of staff with ZONES - areas of the health restricted to only the staff who are essential to provide services to the ZONE

FACEMASKS

- A properly fitted facemask must be worn by all visitors at all times, masks are provided at entry points.
- Masks must be worn outdoors when you cannot maintain 1.5 metres distance from other people
- Allied Health clients can wear their own mask, or a mask provided by BHS
- Valid exemptions may apply

ASYMPTOMATIC TESTING

- Asymptomatic testing is available fortnightly for anybody who works in our aged care facilities, fortnightly, on-site

HeadtoHelp mental health support

- HeadtoHelp supports Victorians of all ages. It is an initiative aimed at helping people to take the first steps towards finding the mental health and wellbeing support that's best for you, particularly in the current pandemic climate. <https://headtohelp.org.au/>
- If your mental health is suffering because of the current pandemic, call HeadtoHelp now 1800 595 212 (free call) 8.30am – 5pm Monday – Friday
- This is not a crisis service, if you need immediate help or are at risk to yourself or others, call 000



Programs

TELEHEALTH

- Telehealth is available at BHS as a secure and easy way to access health care

ALLIED HEALTH

- Face to Face allied health appointments have resumed

CLUB CONNECTION

- Club Connection has resumed in Beechworth, Yackandandah and Tangambalanga

RESIDENT LIFESTYLE

- We are committed to reviewing and enhancing our lifestyle program for patients and residents in discussion with them as we go
- Additional activity support is in place for aged care residents
- If an essential outing is required, BHS will assess on a case by case basis
- BHS welcomes case by case discussions relating to residential aged care

RESPIRE

- Carer stress is recognised in the current environment, BHS has processes in place to provide respite care

HAIRDRESSING

- Hairdressing is available onsite each Tuesday with a COVID-safe plan

VOLUNTEER PROGRAMS

- Most volunteer programs remain postponed, BHS is working with the current DHHS guidelines to map a return of Volunteers to our health service
- The Indigo Calling telephone visiting program is available for community members and aged care residents who would like a chat to reduce isolation
- A modified volunteer Kiosk program has resumed guided by a COVID-19 safe plan
- A small number of Volunteers have returned to support the Tangambalanga Club Connection Program
- The Volunteer Coordinator maintains regular contact with volunteers

Community support

- Meals and financial support are available via Quercus - call 0408 845 966
- Indigo Shire Pandemic Coordination Team can assist with community issues, contact 1300365003
- Quercus Beechworth are providing a free BE Connected program for people aged over 50 to assist people to get connected online
- Upper Murray Family Care provide programs to support people experiencing financial disadvantage and vulnerabilities visit: www.umfc.com.au

Dementia support

- Changing Minds Carer Support group meetings have resumed, if you would like to access this please contact BHS on 03 5728 0200
- National Dementia Helpline is available on 1800 100 500