

24/7 On-call After Hours Service — Otway Health Ph: 5237 8500

Location: 75 McLachlan Street, Apollo Bay

Apollo Bay Medical Centre Ph: 5237 8595 | Email: apollobaymedicalcentre@gorh.vic.gov.au

Otway Health Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

Message from the CEO—Sandy Chamberlin

In light of the governments new guidelines to stop the spread of coronavirus, the key message is to stay at home, not to make any unnecessary journeys and keep our distance from others. People who have recently travelled overseas have been requested to self-isolate. What is the difference between the two measures and what you can do to help.

Social Isolation and Social Distancing

Self-isolation, also called staying at home, applies to people who have symptoms of coronavirus and people who live with them.

What does this mean?

- This means DO NOT leave your home to walk (in a public park) or to visit schools or other public places.
- Not having any visitors/social gathering. Ask people to leave deliveries for you outside.
- Trying to stay away from other people in your home - at least 3 steps (1.5 metres) away from others, particularly people over 70 or with a long-term condition.

Social distancing is about ways to avoid catching and spreading coronavirus.

What does that mean?

- Significantly limiting face-to-face contact if you can.
- Keeping the 1.5 metre distance rule at all times.
- Avoiding public places unless shopping for essential items (supermarket, pharmacy). Postpone all nonessential appointments.
- Maintain your hygiene – wash hands, don't touch your face and no handshaking.
- Avoid all group or contact sports.

This is YOUR time to help stop the spread of COVID-19.



Physiotherapy Cancelled

In order to ensure the safety of our staff and patients, all physiotherapy appointments at Otway Health will be cancelled from **March 27TH** until further notice.

We apologise for any inconvenience, and if you would like any further information, please contact our reception staff.

Aged Care Unit Update

To protect our most vulnerable we have decided to restrict **ALL VISITORS** to our aged care facility.

Families have been notified and support the decision. Our goal is to protect our residents, so please contact our reception staff on 5237 8500 for alternative ways to stay in touch.

Coronavirus Information

If you have mild symptoms such as fever, cough, runny nose, and you've recently travelled overseas or been in contact with someone diagnosed with COVID-19, contact the national hotline on 1800 675 398 where they will direct you to the next steps. If directed to visit your local GP for advice and testing PLEASE call ahead to let them know you're coming so they can prepare. Our goal is to protect our staff, patients, residents and community from further exposure.

We urge everybody to adhere to all the government guidelines to self isolation and social distancing.

If you have any questions at all about the Coronavirus then please check the website <https://www.dhhs.vic.gov.au/coronavirus>

Centre-link Kiosk Closed

Due to the kiosk location in the central reception area and to coincide with our decision to limit the number of people through that area, we have decided to close the Centre-link kiosk for the foreseeable future.

We are in the process of relocating many of our services to ensure the safety of our patients, residents and staff, and when we have a suitable location we will reopen the Kiosk.

We would like to thank everyone for their cooperation during this difficult time.

Second Sails Opportunity Shop

Due to current circumstances, Second Sails Opportunity shop will be closed until further notice.

The reasons for this closure is due to the COVID-19 virus and volunteer availability. Please check news sheet and social media for further information as the situation evolves. **At this time we will NOT be accepting any donations.**