

**GREAT OCEAN ROAD HEALTH NEWS**

**In the event of an emergency please call 000**

**24/7 On-call After Hours Service—Lorne Community Hospital PH: 5289 4300 or**

**Lorne Medical Centre PH: 5289 4333.**

**Location: Albert Street, Lorne**

**Key Messages for the Community**

\* Stay home and get tested if you have symptoms of coronavirus (COVID-19) no matter how mild: including fever, chills, cough, sore throat, shortness of breath, runny nose, loss of sense of smell or taste. Go home straight after your test and self-isolate while you wait for the results.

\* This is a difficult and uncertain time for all so support is vital and available. For more information on managing stress and support options, call the Coronavirus Mental Wellbeing Support Services on 1800 512 348 or contact the Lorne Medical Centre.

\* Financial support is also available. The Coronavirus (COVID-19) Test Isolation Payment is being increased to \$450. You can find more information on [Coronavirus \(COVID-19\) Test Isolation and Worker Support Payments](#) on our website.

\* Check our website for [information and advice about current restriction levels](#) in place including where stage 4, stage 3 and stage 2 restricted areas are, and the updated directions.

\* The 'Partners in Wellbeing' hotline has extended their operating hours to 10pm on weekdays. Additional support for business owners is now available through access to business advisors and financial counsellors. The hotline number is 1300 375 330.

**Final Seniors Right Victoria FREE session**

Seniors Rights Victoria will be running their last free online session next Tuesday 29th September - Your Powers of Attorney

When you make an Enduring Power of Attorney you are giving someone the power to make important decisions for you at a vulnerable time of your life. You need to choose someone who can stand in your place and make the decision you would make yourself if you had decision making ability. An Enduring Power of Attorney is a legal document that lets you appoint a person to make financial and personal decisions. Come along and find out how you decide on the right person/s to appoint and other key sections of the documents.

Each talk will be for 30 – 40 minutes with 20 minutes for questions and discussion. All sessions are free. Numbers limited to 15.

To book or further information email: [info@seniorsrights.org.au](mailto:info@seniorsrights.org.au) or phone Gary Ferguson on 0407 329 290.

Hosted by Seniors Rights Victoria [www.seniorsrights.org.au](http://www.seniorsrights.org.au)

**Lorne Medical Centre**

September is National Asthma Awareness Month and a timely reminder to review your asthma plans.

September = Spring = Warmer Weather = the more chance of an asthma attack.

An asthma action plan helps the person with asthma and/or their carer recognise worsening asthma and gives clear instructions on what to do in response.

Thunderstorm asthma can also happen suddenly to people in spring or summer when there is a lot of pollen in the air and the weather is hot, dry, windy and stormy.

Spring thunderstorm weather can cause pollen grains to burst into tiny pieces and the wind then blows them around us. When people breathe in these tiny pieces of pollen they can get deep inside the lungs and trigger an asthma attack.

Please make an appointment with your GP if you are suffering from asthma like symptoms or would like to update/review your asthma plan on 5289 4333.

**Lorne Annual Appeal**

Please consider supporting our COVID-19 Annual Appeal. Our staff are working tirelessly to prepare and equip our Lorne and Apollo Bay campuses for a COVID outbreak. Our goal is to provide our community with great care, support and updates on the latest policies and procedures.

Now is your time to assist us in time of need, so we can continue providing our service well into the future.

To donate, simply visit our website [www.greatoceanroadhealth.com.au/support-us](http://www.greatoceanroadhealth.com.au/support-us)

**Keep Up To Date**

There are so many ways you can keep up to date with what's happening here at Great Ocean Road Health and in our community;

**Email:** [enquiries@gorh.vic.gov.au](mailto:enquiries@gorh.vic.gov.au)

**Facebook:** Great Ocean Road Health

**Website:** [www.greatoceanroadhealth.com.au](http://www.greatoceanroadhealth.com.au)

**Instagram:** [greatoceanroadhealth](https://www.instagram.com/greatoceanroadhealth)

If you have any queries please don't hesitate to call our communications team on 5289 4300.