

Koowee Connect

NEWSLETTER



we're all in this together



July / August
2020

Contents

Messages from Management	2
Covid-19 Report	5
Healthier Together	10
Leisure & Lifestyle	12
Health Promotion	14
Volunteers Voice	15



Kooweerup
REGIONAL HEALTH SERVICE

Messages from Management

2

Greetings all,

Without a doubt the current COVID-19 activities are focusing our attention on following the Governments Stay at Home guidelines.

We note from the monitoring of local shire data that the community spread is on the increase. This has led KRHS to further increase restrictions regarding the management of clients entering the facility.

As directed today all new admissions for Aged care, respite, NRCP and Acute will require 14 days isolation nursing. Day stay clients will be managed with full PPE.

We have made this decision based on a risk assessment should a consumer be admitted with Covid-19.



Frank Megens
Chief Executive Officer

This raises the importance of PPE training and usage. All staff that have the need to enter a client's room as part of their normal daily duties are required to undergo PPE training. Please contact Damian Burns, Educator, to organise this training.

It is pleasing to receive many calls of encouragement by families, staff and Board members who recognise the amazing job staff are doing under difficult circumstances. The callers recognise the importance of your efforts in keeping our consumers happy and safe and are without reservation supportive.

Many of our services are now restricted in line with the Governments directives of "essential care". We will continue to review consumers' needs and titrate services as required.

The requirement of a permit for travel has been very topical over the last couple of days. KRHS staff are exempted from the need to carry permits as an essential service. Staff are not required to carry a permit if they have photo ID issued by KRHS.

The wearing of a uniform will further add to the police decision making if stopped.

If you do not have photo ID but are required to attend KRHS i.e students then a permit can be obtained from David or myself.

Keep up the good great work

Regards
Frank

Pictured here is Jordan Crugnale MP visiting Naomi and Sarah at the Covid-19 pop-up station in Koo Wee Rup



Please visit our website for the latest information on KRHS and COVID-19 restrictions



Aileen Thoms

Primary Health and Innovation Manager

Despite the challenges we are all facing with COVID-19, the 2nd wave is a stark reminder that until there is a vaccine available, “normal” life has changed. It is more important than ever for our community to work together and understand how they themselves and their loved ones can be protected, washing hands, wearing masks and essentially staying apart.

It is also important that we feel supported and socially connected, as humans we need to have that connection for our mental wellbeing.

The 2nd Lockdown is enabling us to learn from the first phase and has brought new issues to the fore particularly with the increase in community transmission and the mandatory mask wearing in public places including the health service, the message is very clear to stay home as much as possible unless for 4 essential reasons of work, medical/health reasons, care and obtaining essential supplies by shopping.

Corona virus has brought some positive benefits as many families reconnect in their immediate family bubble, using the time to get out and about in their local area. There are lots of opportunities now to keep healthy at home through online, TV programs, newsletters and service providers distributing information. We are rolling out the Cardinia cooks program, hampers of goodies for the cooking sessions have been in high demand, everyone can get involved if you have a Smart phone or PC device and cook up a great dinner or snack.

Telehealth has opened up more appointments with Doctors and allied health services. I would encourage everyone to be mindful about managing their own health and link into the resources that are available.

Keep on protecting those you care about.

Thank you for your efforts.

Stay safe

Aileen

Feeling unwell? Get tested.

Symptoms of coronavirus (COVID-19)

- Fever
- Sore throat
- Runny nose
- Chills or sweats
- Shortness of breath
- Loss of sense of smell
- Cough
- Headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered.

- Wash your hands**
- Keep your distance (1.5 metres)**
- Stay home if you are feeling unwell**

Reduce your risk of coronavirus (COVID-19)

- ▶ **Wash your hands** often with soap and running water for at least 20 seconds. Dry with a paper towel or hand-dryer.
- ▶ **Use an alcohol-based hand sanitiser** with over 60 per cent alcohol.
- ▶ **Cover your cough or sneeze** with a tissue or use your upper sleeve or elbow.
- ▶ **Stay at home** when you can. Check our website for reasons to leave home.
- ▶ **Wear a face covering** if you have to leave home.
- ▶ **Don't touch** your eyes, nose or mouth – or your face covering if you're wearing one.
- ▶ **Get help** if you feel unwell, call your GP or the coronavirus hotline for advice. If you're sick, stay home.
- ▶ **Get tested** if you have symptoms and go straight home afterwards.
- ▶ **Go to your medical check-ups** and see if medicines can be delivered to your home.
- ▶ **Continue healthy habits** exercise, eat a balanced diet, get plenty of sleep and stay connected. quit smoking (Quitline 137 848).
- ▶ **Remember your mental health** and do things you enjoy. Check our website for mental health resources and support.

Find out more
www.dhhs.vic.gov.au/coronavirus

For more information, call the
Coronavirus hotline 1800 675 398 (24 hours)
 Choose option 0 for translating and interpreting services
Call Triple Zero (000) for emergencies only

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VICTORIA
 State Government
 Health and Human Services



David Ramsay
Director of Nursing

Hello all Colleagues

As the stage 4 restrictions continue we are indeed happy that the infection control practise and screening processes implemented at KRHS has undoubtedly contributed to currently nil positive COVID -19 cases within our facility.

All staff are to be congratulated on their ongoing commitment to following the guidance of the COVID management team with Naomi Rendall as our infection control Nurse in the lead.

The commitment to help our vulnerable consumers within KRHS Aged care in Killara and Westernport Units to remain in contact with their family and friends through telephone and video calls using Skype is helping to make the social isolation more bearable.

Strategies such as themes days and emailing of residents pictures enjoying the activities to the families are very much appreciated and the feedback has been positive.

Staff are wearing mask and visors in the main facility at all times and although not comfortable, are key in assisting our infection control strategies. It is only human at times to step out of the tearoom or your office without these articles so be gentle when reminding staff to put them on. Currently in the absence of any medical exemption TGA approved surgical masks are being used at all times.

Students continue to be a vital part of the healthcare workforce and with an increased focus on screening KRHS continues to allow the clinical experience placements that are vital to maintain the ongoing qualification of nursing staff for the short and medium term.

Although influenza rates have dramatically reduced, likely due to the :-

- High uptake of vaccination,
- Social distancing.

Emphasis on hand/cough/sneeze hygiene

Influenza is still out there along with the other sniffles and respiratory issues and staff are reminded not to present for work if they are unwell.

The biggest risk to our services is complacency as we have been successful in remaining COVID-19 free since the pandemic began due to many reasons. Please maintain your practise in hand hygiene, use of social distancing whenever possible and practise use of isolation style PPE whenever possible.

Many staff had not had a relaxing break for some time, and although we cannot leave Victoria and currently 5 Km's from your home, I would encourage staff to discuss booking some annual leave to ensure your batteries are fully charged to allow staff to provide the high care standards we deliver at KRHS.

A "staycation" with plenty of Duvet Days and Netflix is likely to be just as beneficial to us even if only for a few days.

The mental health of you and your colleagues is also vitally important. Although we are an essential service which protects our income, many people have partners who's ability to work is affected, which can be a major contributor to social stress. Tap your colleague on the shoulder and make sure they are okay and if there are ongoing issues our EAPS coordinator Fleur Hamilton-Weeks is always available.

The overall message is to 'Stay Safe and look after yourself' as without you, we cannot look after our families and our consumers.

David Ramsay

COVID-19 Support - Tips for Carers, Families and Friends of People Living with Dementia

5

For primary carers

- It is important to stay connected as much as possible at this time. You may not be able to have visitors but keeping in touch with friends and family over the phone or on Facetime may help.
- We are aware that many social activities and respite programs have been cancelled or limited during this time. Unless you or the person you care for are required to self-isolate you might find it helpful to structure your day and include activities that you and the person you care for enjoy. You may schedule time for a walk, or spending time in the garden, calling a friend or family member, listening to music, reading or watching a television show or movie. The Dementia Australia Library also has a number of e-books and audiobooks available online (www.dementia.org.au/library).
- If you are required to self-isolate but the person you care for is not living with you, there are some things you can do to continue to support them.
 - ⇒ It can be helpful to write out an activities care plan if different people are sharing the caring responsibilities. This will ensure that activities are consistent and are suited to the individual. (www.dementia.org.au/about-dementia/i-am-a-carer-familymember-or-friend/activities-for-people-with-dementia)
 - ⇒ Staying in touch via phone, Facetime or Skype can be a good way to show the person living with dementia that you care.

Contact the National Dementia Helpline on 1800 100 500 and encourage other carers to do the same.



For family, friends or neighbours

- Do not visit if you have any signs or symptoms of illness.
- Ask how you can help. If you know someone living with dementia who is self-isolating, you may be able to help with tasks such as grocery shopping, collecting medications or dropping off library books or jigsaw puzzles.
- Many aged care facilities may go into lockdown and restrict visitors in response to coronavirus. These procedures are in place to protect residents from visitors who may be carrying the virus, but as a family member it can be difficult if you are unable to see your loved one. If you are in this situation you might find it helpful to:
 - ⇒ If you can visit, engage in social distancing of 1.5 metres.
 - ⇒ Bring activities that can be done indoors, such as colouring-in, magazines, folding, sock matching, movies and books.
 - ⇒ If you have children, bring in drawings or artworks from them to show that you are thinking of them.
 - ⇒ Keep in touch. If you can't visit the person, then stay in contact by phone, post, email, FaceTime or Skype. Let the person know that you're thinking of them and encourage others to do so as well.
 - ⇒ Ask staff if they can keep in touch with regular updates if your loved one with dementia isn't able to engage with phone calls.
 - ⇒ If you are concerned about the response to coronavirus of your service provider, speak to them in the first instance. If you are not satisfied with their response, please contact the Aged Care Quality and Safety Commission www.agedcarequality.gov.au/making-complaint

Information from Dementia Aust. website

1. Get informed with the right information

We are 'hard-wired' to react to possible threats to ourselves, our families and our communities. These reactions can keep us safe from possible threats. But at times, our reactions may also be excessive and unhelpful, and may cause significant stress and worry. Relying on news from mainstream media or social media, which may sensationalise or exaggerate issues, can further increase our stress and anxiety.

One way to manage our reactions is to access the 'right information', that is, information we can trust. Consider only accessing trusted sources of information (e.g., ABC Radio, Australian Government Department of Health website, World Health Organisation website, etc).

2. Understand history

Events like infectious diseases often follow a predictable course. In the past 50 years there have been multiple national and international episodes of concern around conditions such as tuberculosis, SARS, Ebola, HIV, hepatitis, measles, to name a few. Initially, there is often scepticism, followed by attention, followed by panic, followed by reality, followed by a return to normality. Stock markets and supermarket shelves are good indicators of where we are in the course. Reminding yourself of these patterns can help you to understand the course and plan for the future.

3. Get organised

A good antidote to stress and worry is to get active and organised. If you are worried about something, then do something. Make plans and write your list of what you need to buy, organise, or set-up, and get on with doing it. Tick off each item and turn your 'To Do' list into a 'Ta-Da' list. Whenever you recognise you are getting stressed, ask yourself, 'What do I need to do to help manage this situation?' Remember that family or friends are also likely to be stressed and might need help getting organised. Talk with them about your plans, and if possible, help them to get organised.

4. Balance your thoughts

When we get stressed about our health or risks of infection our thoughts can become dark, brooding, and pessimistic. Thoughts like, "How will I cope if I get sick?", "I can't deal with this", are often triggered by stress, but they don't help us. Negative and dark brooding thoughts will stop you doing things that can help. Remember, our thoughts are not always true or helpful. Challenge your negative thoughts by asking yourself what a friend would say in the same situation, or ask yourself what evidence do you have that you 'won't cope or can't cope'? Whenever you recognise a negative thought balance it with a realistic thought.

5. Shut down the noise

Stress is infectious, and often unhelpful. People tend to talk about things they are worried about; this creates lots of 'noise', which can create even more stress. Give yourself permission to switch off 'noise' such as social media, news, or even radio for most of each day. Also give yourself permission to excuse yourself from people who are creating stress. Keep checking in to reliable news sources once or twice a day, but otherwise, turn down the 'noise'. Instead, replace it with things that can help you, including doing things you enjoy, listening to music, entertainment, games, or even meditation.

6. Remember who you are

Most people are good, kind, and sensible. They care for others and the environment and want to make the world a better place. These reflect important 'values'. Stressful times can make it challenging to act in the way that is aligned with our values. But, even when feeling stressed, remember who you are, and what you believe in. Remember to be gentle, kind, and respectful to yourself and to others; other people are probably as stressed and worried as you are. By reaching out and supporting others you will not only be helping them, but also doing something that will help you to feel good about yourself.

7. Keep healthy routines

We all have routines in our daily lives. For example, we tend to get up at a certain time, brush our teeth in a certain way, get ready for the day's activities, and follow many other routines until we go to sleep at night. Major events naturally create changes in routines, particularly if we can't do some of our usual activities. We know that our emotional health is strongly affected by regular routines; these routines not only help to get us organised, but give us a sense of achievement and accomplishment. Some of our routines involve other people, who also benefit from them, for example, family mealtimes or get-togethers with friends. Spend some time thinking about the routines that are important to you and those around you, and find clever and safe ways to keep up these routines or create new ones.

8. Stay engaged

Another key strategy for keeping good mental wellbeing is to stay connected and engaged with people and activities that are meaningful. Reflect on what these are for you and schedule time in your routine to keep doing them. You might have to modify how you stay connected, for example, using Skype or Facetime instead of face-to-face visits. Examples of how to stay engaged include speaking to family and loved ones, using online forums and chat groups, or calling people. Remember that people really appreciate engaging with others, even if this hasn't been planned.

9. Do the things that you enjoy and that are good for you

When we are stressed we tend to avoid doing things that we normally do, including things which are good for our mental health. We all have activities and hobbies which we enjoy and which give us pleasure. Even if we can't do those things in exactly the same way due to quarantine or isolation, it is essential that we make time and effort to do things that we find valuable and meaningful and fun. If possible, try and do these with others; many activities are more fun to do with company. Making a plan to do fun things regularly will give you something to look forward to, which is another key strategy for staying mentally healthy.

10. Keep looking forward

Remember the famous saying, 'this too shall pass'. It may not feel like it, but things will return to normal. In the meantime, it is important to have confidence that things will improve, that people will recover, and things will get back to normal. In addition to maintaining your long-term goals, also think about things that you will do each day and week, which you can and will enjoy. Again, try and bring others into your plans; they might also benefit from thinking about the future.

You can find more information like this in the KRHS Covid Index under mental health and wellbeing resources

This information has been produced in collaboration with Head to Health and the MindSpot Clinic whose assistance is acknowledged and appreciated.

Please visit our website for the latest information on KRHS and COVID-19 restrictions





KRHS Staff know how to Don and Doff

Currently, KRHS staff have been busy learning how to appropriately Don and Doff, 'aka' putting on and removing Personal Protective Equipment (PPE). A room has been set up in the facility, training staff on the specific sequences for donning and doffing.

PPE training is one of KRHS primary focus. It is a key factor in preventing the spread of COVID for both our healthcare workers and members of our community. Especially, as KRHS staff have been working on the frontline, helping contain our region of COVID in the new pop-up screening clinic at Cochranes Park in Koo Wee Rup.

Regular PPE sessions are running daily in room 1 on WPU from 10. 30am-11.00 am and by appointments.

For more information on being PPE ready, contact Damian Burns on 5997 5654



Dance your time away

[Digital Dance Club](https://allthequeensmen.net/projects/digital-dance-club/)

<https://allthequeensmen.net/projects/digital-dance-club/> is a free online dance platform to connect the LGBTIQ+ community and allies during these turbulent times. Everyone is welcome, all over the world!

OPAN Services

A reminder that anyone living in an aged care facility, their family or representative who needs support can contact the **Older Person's Advocacy Network** on 1800 700 600.

OPAN's free services are supporting older people and their representatives during COVID-19. OPAN can also be of assistance to aged care providers during COVID-19 by assisting in communication with people living in the facility, their families and representatives and by providing an independent person outside the organisation to whom they can speak.

Older Australians, their families, friends and carers can also call the COVID-19 Support Line on 1800 171 866 if they:

- Would like to talk with someone about the COVID-19 restrictions and its impact on them
- Are feeling lonely or are worried about a loved one
- Are caring for someone and need some information or a listening ear
- Need help or advice about changing the aged care services they are receiving
- Need help to access new care services or essential supplies such as shopping
- Are living with dementia or are concerned about a friend or family member living with Dementia
- Would like to arrange a one-off or regular wellbeing check

This service is operated by community organisations COTA Australia, National Seniors, Dementia Australia and OPAN with support from the Australian Government.

Heroes



Not all heroes wear capes - but masks, that's a different story

The poster above is from the redcross website, have a look at their Covid Collective Podcast series at this link <https://www.redcross.org.au/stories/covid-19/covid-collective-podcast>



friendline

A FRIENDS FOR GOOD SERVICE

The FriendLine is for anyone who needs to reconnect or just wants a chat on 1800 424 287. All conversations with FriendLine are casual and anonymous and friendly volunteers are ready to talk about anything and everything.



Eat a Rainbow; Foods that Boost your Mood.

There are a lot of unknowns in the world right now and most of us have been experiencing some unwanted feelings and concerns - which is normal, given our current circumstances.

While foods can't fix our problems, what we eat can certainly play a role in how we feel and our energy levels. Since we could all do with a few simple things to help lift our spirits, why not start by putting some mood boosting foods on the end of our forks. It's been scientifically proven that our brains and stomach are connected and a diet that is diverse and nutrient rich can be protective of your brain and mood.

The better health channel recommends the following foods to help boost your mood
Healthy fats like the ones found in fish and extra virgin olive oil. These fats have been shown to be important for our blood vessels and our brain and may have an important anti-inflammatory effect that helps to prevent depression.

Wholegrains such as brown bread, rice and pasta. These fibre-rich foods can promote the growth of good gut bacteria that may have a positive effect on mental health.

Fruit and vegetables. These colourful components of the diet contain a wealth of important nutrients including antioxidants that help to prevent cell damage.

Fermented foods like yoghurt can also help to encourage the growth of good gut bacteria that positively impact on mental health.

Nuts, seeds and legumes. These powerhouses of the diet are good sources of plant-based protein, healthy fats and fibre.

Source <https://www.betterhealth.vic.gov.au/healthyliving/mood-and-food>

For more information on Mood Food head over to <https://foodandmoodcentre.com.au>

Curious? Give this recipe ago.

SALMON POKE BOWL

SERVES: 4

PREP: 15 MINS + 30 MINS MARINATING

COOKING: 35-40 MINS

INGREDIENTS

1 cup brown rice

460g fresh salmon, diced into 2cm cubes

1 tablespoon salt reduced soy sauce

1 tablespoon sesame oil

1 teaspoon ginger, grated

1 clove garlic, crushed

2 tablespoons shelled edamame beans

1 Lebanese cucumber, peeled into thin ribbons with a vegetable peeler

4 radishes, thinly sliced

1 avocado, thinly sliced

2 carrots, peeled and grated

4 cups baby spinach leaves

Black sesame seeds, to serve

METHOD

1. Place 2.5 cups water in a medium pot, cover and bring to the boil. Add 1 cup rice, cover, and reduce heat to low. Simmer until rice is cooked, about 35-40 minutes. Drain rice. Set aside to cool.
2. Meanwhile, in a medium-size bowl combine salmon, salt reduced soy sauce, sesame oil, ginger and garlic. Stir well to combine. Marinate for 30 minutes in the fridge.
3. Divide rice, edamame beans, cucumber, radishes, avocado, carrots, spinach and salmon between 4 bowls. Sprinkle with black sesame seeds.

TIP: Shredded cooked chicken breast, tuna or tofu can be substituted for salmon. Quinoa can be substituted for brown rice.



The Pen Pal initiative which commenced at KRHS to support our aged care residents during visiting restrictions was gratefully supported by many within the community of Koo Wee Rup and surrounds. We received over 100 letters, drawings and even some wonderful bookmarks handmade by Paityn from Rosebud! The residents took the time to look and at, read and listen to the kind well wishes and they were very interested to hear all about the stories behind the authors of the letters. Some were able to send letters back to thank them and tell their pen pals a little about themselves also. The joy on the faces of the residents each time they opened a letter told us just how appreciative they were and how worthwhile the contact was to each and every one of them.

As we find ourselves back in complete lockdown with the visiting restrictions back in place to protect all who work and reside here at the facility, we would again appreciate our very kind and giving community to write a few lines in a letter or email to one of the addresses below. A few minutes of your time will be guaranteed to make someone's day!

baylissj@krhs.net.au or C/O Jenny Bayliss
PO Box 53 Koo Wee Rup 3981



A huge congratulations to Tina and her family on the birth of Migael Dennis George, we all wish you the very best.





Eric and Joyce Williams celebrating their wedding anniversary on Bastille Day.

Below Betty, Carin and Barbara having fun at the Masquerade Party.

Thanks to zoom technology, Thursday morning church services pictured below are still popular



Marilyn, Elvis and Cleopatra are entertaining Dorothy and Doug on Famous People Day





Eric and Filomena were getting groovy on the swinging 60's themed day



Pictured above is Mary and Alice making magic at the Mexican Fiesta



Pictured left and right is Lorna and Elaine having fun at the 80's party



KRHS empowering older members of our community to stay socially connected.

There is not one person in Australia who has not been impacted by the physical distancing measures put into place during COVID.

With our current restrictions rapidly changing, so are the ways we interact with our loved ones and carry out our daily activities. We are finding ourselves becoming more innovative and adaptive in the way we engage in social activities.

But some members of the community are feeling a little left behind, due to limited access and knowledge to navigate online platforms which can help them stay socially connected.

Recently KRHS has partnered with Be Connected to deliver and empower over-50's to use the internet and everyday technology to thrive in our digital world.

KRHS are offering one on one personal support to members of our community to gain skills and confidence while using digital technology.

This online program gives those in our community the opportunity to access laptops or iPads and build new skills and connect virtually with friends and family in exciting new ways.

KRHS will provide these devices on a loan basis and support to help set up their system.

If you are interested in enrolling in this program or know of someone who would be, contact Angelique on 5997 9792 to find out more.



There's never been a better time to get online.



As a E Connected Network Partner, we can help you discover how being online can add new skills and experiences to your life - for free

Hope this newsletter finds you all well and keeping safe at home. Yet again we find ourselves in even more unique circumstances and it's important now as much as ever to look after your mental health as well as your physical. The longer our quarantine and isolation goes on the more I find myself thinking about how much we here at KRHS rely on you all for so many things, but in particular your care and compassion you show towards both residents and staff.

I thought for this newsletter and for a few more to come I would highlight some of our wonderful volunteers so we can not only see their smiling faces but learn a little of their background and how they thankfully have become part of our family here.

We start this with the bubbly Kaye Chaplin and I hope you enjoy hearing about her story as much as I enjoyed listening to it...even when she's not here in person she can still make us smile.

I have been volunteering for 3 years now and I've met some beautiful people along the way including the lovely Leisure and Lifestyle Girls and Staff. I moved to KWR nearly 4 years ago, and was determined to make some connections here as I am now retired!

Before moving here I lived in the same house at Hallam for 37 years and knew everyone back then! I grew up in East Bentleigh and got a job as a postie where I worked for 18 years, delivering mail on a motorbike, amongst other jobs! As I finished early I chose to go back to school to get qualified in a much different direction, as a qualified Certificate 4 Youth Worker.

I am not new to volunteering-I used to volunteer on a Tuesday night at Grassmere in Pakenham doing art activities with the kids. I ran a program called Funky Junks - gathering old bikes up and making new ones from all the parts with the kids. When they were finished after we had done them up, we would donate them to the single mums group.

I like to give back and volunteering helps me do this - it's always been a great feeling, doing something for others not so fortunate in one way or another.

I have a big family consisting of 5 adult kids and their partners = 10, 8 Grandkids, 1 father in law who is 90.....And a husband! (We are a blended family 3 are mine 2 are his), and we are in a hot rod club. Something you may not know about me is that currently I am Miss Tocumwal 2019!! It was the first time I had entered and it was under the stage name of "Sugar La Rouge"!!

Lately we have been keeping busy painting and rendering our shack at the Island which we have had for nearly 26 years. Can only get stuff done when kids are not there !!!! That's why I haven't been writing as many letters and phone calls so much !!!! Sorry...I'm missing everyone very much and can't wait to see you again.

I do know that once this is over I will continue to come in and visit every Thursday, forever lol

Cheers Kaye Chaplin

Thanks Kaye (or should I say Sugar!)... I look forward to sharing some of the other wonderful stories about our volunteers over the next few newsletters. In the meantime stay safe and well and know that we are missing you and can't wait for your return!

Jenny Bayliss
Volunteer Co-ordinator





How to wear a face mask

There are two types of face masks you can use: cloth masks and surgical masks. Cloth masks are made of washable fabric and can be re-used.

For more information visit [DHHS.vic – Face coverings](https://www.dhhs.vic.gov.au/face-masks-covid-19) - 11.59pm Wednesday 22 July
<<https://www.dhhs.vic.gov.au/face-masks-covid-19>>

! Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).



Wash your hands before putting on the mask.



Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



Do not touch the front of the mask while wearing it.
If you do touch the mask, wash or sanitise your hands immediately.
Do not allow the mask to hang around your neck.



To remove the mask wash or sanitise your hands first.
Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.
If your mask has filters, remove them and throw them away.
Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single use surgical masks should be disposed of responsibly.



Wash or sanitise your hands after removing the mask.

What you need to keep doing

- Wash your hands regularly
- Keep 1.5 metres from others
- Get tested, even if you have mild symptoms
- Stay home if you're feeling unwell.



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Health
and Human
Services