



# Waranga

Medical Centre

FOR APPOINTMENTS

P: 03 5851 8400 F: 03 5851 8425

E: warangamedical@gvhealth.org.au

8 HIGH STREET, RUSHWORTH VIC 3612

CONSULTING TIMES

MON TO FRI - 9:00AM TO 5:00PM

April 2020

## PRACTITIONERS

DR. JOE SWISS

DR ADEL ASAID

## NURSES

AMANDA WILLIAMS

BETH PARKER

AMY FRANCIS

LYNN CRUZ

## CERVICAL SCREENING NURSE PROVIDERS

FIONA MERCER

## MENTAL HEALTH SOCIAL WORKER

JENNA ABBOTT

EVERY SECOND WEDNESDAY

## PRACTICE MANAGER

DEANNE WALKER

## RECEPTION STAFF

WENDY

SUSAN

## PATHOLOGY COLLECTION CENTRE

9:00AM TO 11:30AM

WEDNESDAYS



St Anthony's Family Medical Practice

ABN: 23118243226

## WARNING!!!!

**If you have any symptoms of the COVID-19 virus or travelled over seas in the last 14 days please do not present to the clinic -CALL FIRST**



## COVID-19: TIPS FOR THE ELDERLY

How it spreads, how to avoid it and what to do if you think you have it

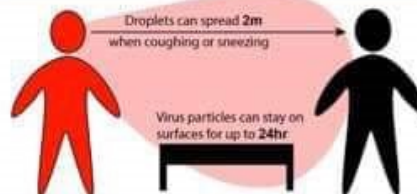
### HOW DOES IT SPREAD?

The virus is typically spread in droplets when someone coughs or sneezes.

- To infect you, the virus needs to travel from the throat and lungs of the infected person to you.
- The virus can infect you if it gets into your nose, eyes, mouth, throat or lungs.
- Droplets don't remain suspended in the air for more than a minute or two.

The virus can remain on surfaces for up to 24 hours.

- Touching contaminated surfaces and then touching your face can spread the virus to you.



### TIPS FOR STAYING SAFE

- Don't go out more than necessary
- Stock up on medications, toiletries and longer life foods.
- Consider buying vitamin C, D and B12 supplements, as packaged foods can be low in vitamins.
- Get things delivered and left at your door to avoid contact.
- Avoid using cash, use contactless payment instead.
- Do gentle exercises, like walking, in areas that are not crowded. This is good for immunity.
- Have people to call for help and advice.
- Don't be afraid to ask for help for things that you need.
- Have the phone numbers ready for key friends and family members.

### HOW DO I PREVENT INFECTION?

#### STOPPING DIRECT SPREAD:

- **Remain at a distance (about 6 ft/2 m) from people.** You shouldn't get infected if you are walking around or sitting on a bench if you are at least this far away from people.
- **Stay away from anyone coughing or sneezing,** and don't get too close to people talking.
- **Stay away from crowded areas** where you are forced into close spaces with people (e.g. buses, trains, lifts).

#### STOPPING INDIRECT SPREAD:

- **Avoid touching surfaces or shaking hands** with people.
- **Avoid touching your eyes, nose and mouth** if you have touched surfaces that other people may have contaminated.
- **Wash your hands frequently.** Soap and water (for 20 secs) or hand sanitiser will kill the virus.
- If washing hands in a public place, avoid contaminating your hands after by touching surfaces e.g. the door to the bathroom.



### WHAT ARE THE SYMPTOMS?

- A continuous cough (repeated coughing, not just a few coughs)
- A high temperature (shivers or fever)
- Feels like you have the flu and are feeling too weak to go about daily activities
  - Muscle aches and pains
  - Headaches
  - Tiredness
  - Dizziness

**If you have any of these symptoms, call 1800 022 222 or a GP.**

**Call 000 for an ambulance if you are having serious difficulty breathing.**

### KEEP UP WITH NEWS

If you have internet access, go to <https://www.healthdirect.gov.au/coronavirus> for up-to-date advice

### DON'T



### DO





To all patients who have an Australian Government Pensioner Concession card or a Healthcare Card please show reception when checking in for your appointment. The card needs to be in date and signed on the back by the card holder. Showing this card entitles you to bulk billing.

## End of Daylight Savings

A reminder to our valued patients to set your clocks back one hour as daylight savings ends Sunday 5th April 2019.

It is a good idea to change all the batteries in your smoke alarms at the same time you change your clocks every 6 months, This ensures that your smoke alarms are in working order and ready to help save lives.



This clinic will be closed  
Friday 10th April—Good Friday  
Monday 13th April—Easter Monday



If you have any suggestions, comments or feedback, we would love to hear from you.  
Email us at [warangamedical@gvhealth.org.au](mailto:warangamedical@gvhealth.org.au) We can only continue to improve with your help.