



# elmore Primary Health services

For Appointments

Telephone

**5432 6001**

46-48 Jeffrey St,

Elmore VIC 3558

**Consulting Hours:**

Monday - Friday

9:00AM - 5:00PM

## NEWSLETTER — JULY 2020

I would like to thank Doctors, staff and patients for their support, hard work, commitment and willingness to adapt during these difficult and unusual circumstances the pandemic has presented to us all.

The quickest and most authoritative way of checking updates and to be advised on what to do is the COVID-19 hotline on 1800675398.

## Elmore Primary Health and COVID-19

Please call Elmore Primary Health to make appointments. Phone and telehealth appointments are available and recommended where possible.

Please wear a face mask when attending the Practice.

When you arrive please wait in your car or on the chairs provided outside and call reception to let them know you are here. A staff member will go through the screening questions with you each time you attend the practice.

The screening questions are:

Q1. Are you experiencing any of the following?

- Fever
- Cough
- Sore Throat
- Shortness of breath
- Runny nose
- Loss of smell
- Loss of taste

Q2. Have you been to Melbourne or the Mitchell Shire recently?

Q3. Have you had any visitors from Melbourne or the Mitchell Shire recently?

Q4. Do you work at or have you had contact with someone who works at Don KR Castlemaine?

Q5. Have you been tested for Covid-19?

Q6. Have you come in contact with a suspected or confirmed case of Covid-19?

If you have any symptoms of COVID-19 Shortness of breath, sore throat, high temperature or coughing. Please go to one of the testing sites. If you are unsure if you need to go to one of the testing sites please call the practice for clarification.

The Testing sites are:

- Spring Gully Respiratory Clinic appointments are need to attend
- Bendigo walk in service at the old emergency department.
- Bendigo drive through service enter via Mercy street
- Echuca Emergency department walk in service.

### PRACTITIONERS

DR PATRICK NZEGWU

DR MICHELLE MEDENILLA

DR SOURAV SAHA

### PRACTICE NURSES

LEANNE HOLMBERG

NICOLE JUDD

MARY MCINTYRE

KEZ MORONEY

### PRACTICE MANAGER

KATHY TUOHEY

### RECEPTION STAFF

PAM, CERI, MARY,  
SR. LEE, MEZ AND  
SARAH ARE ALWAYS  
AVAILABLE TO MAKE  
APPOINTMENTS AND  
ASSIST YOU IN ANY  
WAY

**DENTIST**  
DR FAN CAI

### PATHOLOGY COLLECTION CENTRE SERVICES

CERVICAL SCREENING

SEXUAL HEALTH

TRAVEL VACCINATIONS

DOPPLER ULTRASOUND

SLIT LAMP

LASER MACHINE

PHYSIOTHERAPY

DENTIST

PSYCHOLOGY

PODIATRY

OPTOMETRY

DIETICIAN

ACTIVITY GROUPS

# HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](http://who.int/epi-win)

## Do's →



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

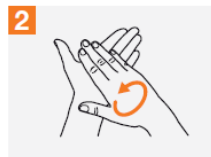
## How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



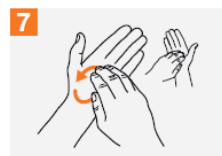
Palm to palm with fingers interlaced;



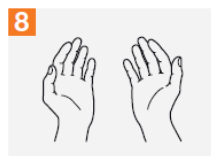
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



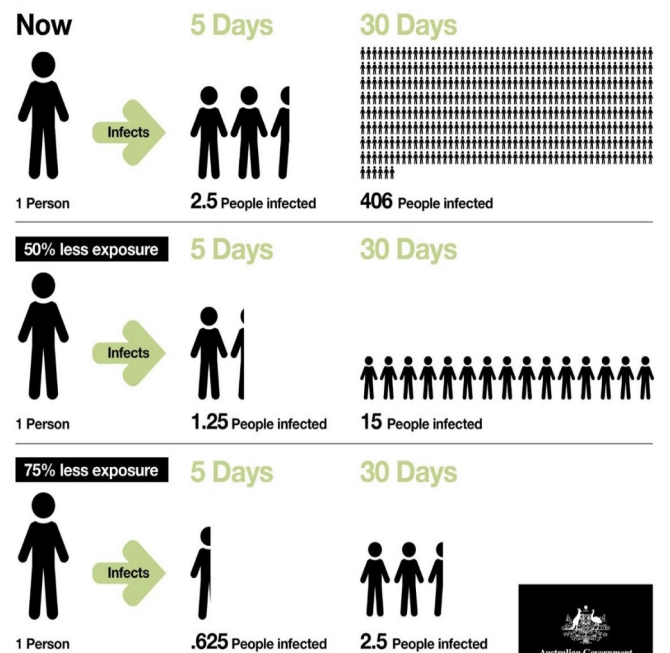
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.

## Why social distancing matters

Social distancing of 1.5 metres decreases the exposure of coronavirus (COVID-19).



Your assistance with what effectively amounts to a campaign to increase mask wearing in the community would be greatly appreciated to combat the spread of coronavirus and help keep the community safe.

Elmore Medical Practice would like to thank the community for their efforts to keep everyone safe through social distancing, hand hygiene and wearing masks. We would also like to thank you for your patience and understanding in these challenging times.

## Remember our GP On-Call

We know that sickness is not restricted to business hours, which is why we ensure that we have an on call service available to our patients 24/7. (If it is an emergency, please phone 000).

The GP On-Call service is accessed by phoning the practice and pressing 1 to be transferred. Your details and medical situation will be determined and appropriate steps made to meet your needs.

If you have recently travelled to Melbourne or any hotspots or suspect you have been exposed to coronavirus please do not attend the GP Surgery and please call your nearest emergency department.

Bendigo 54546000

Echuca 54855000