

# HELP KEEP CAMPASPE SAFE - GET TESTED

## Information about getting tested for coronavirus (COVID-19)

### Campaspe Fact Sheet

It's important to get tested for coronavirus at the first sign of any symptom and stay home until you get your result. Getting tested means you keep yourself, your friends, family, workplace and your community safe.

Help protect yourself and others from the spread of coronavirus (COVID-19) with this step-by-step advice;

- If you are feeling unwell do not go to work.
- Check your symptoms -you may have coronavirus (COVID-19) if you have any of the following: fever, chills or sweats, cough, sore throat, shortness of breath, runny nose and loss of sense of smell or taste.
- **Get tested** at a nearby testing location if you have any of the symptoms. Return home immediately.
- Wait for your test results. **Do not go to work or go out shopping, stay at home.** It can take up to 5 days for your results to be returned to you. If you are worried your results are taking too long you can call the service provider for more information.
- If you are worried you will lose pay while you wait for your results you may be eligible for a \$300 Coronavirus (COVID-19) Test Isolation Payment. (for support to apply for the payment, you can call 1800 675 398 and select option 8).
- If you test negative, go about your normal activity, following the restrictions for your location.
- If you test positive DHHS will contact you. **Do not go to work or go out shopping, or visit family & friends - stay at home.** DHHS will advise when you can come out of quarantine - you will need to self-isolate for at least 14 days and must be 72hrs free of any symptoms. Confirmed close contacts of positive cases are required to quarantine for 14 days even with negative swab results.
- If you are worried you will lose pay you may be eligible for a \$1500 Coronavirus (COVID-19) Worker Support Payment (phone 1800 675 398 for more information).
- If your condition worsens contact your GP or a health professional. If you become very unwell and are having trouble breathing contact triple zero (000), you may need to be admitted to hospital.

## WHERE TO GET TESTED

The testing sites for Campaspe include;

**Echuca Regional Health** - 9:30am - 6pm, 7 days per week via Emergency Department entrance, Service St Echuca.

**Kyabram District Health Services** - Drive through clinic 9.00 am to 11.00 am daily (including Saturdays and Sundays), entry off Pettifer St (no appointment needed).

- **Stanhope and Tongala** clinics occurring every fortnight - appointment required ph 5857 0200.

Surrounding area clinics include;

**Bendigo Health** - Walk-in clinic via Stewart St, 10:00am - 5:30pm, 7 days per week. Drive through clinic located at La Trobe Clinical Health School car park entry via Mercy Street, Bendigo 7 days: 10am-5:30pm.

**Goulburn Valley Health** - In front of the ambulance zone of the new Emergency Department in Graham Street. Open daily from 10:00am - 5:15pm

**Northern District Community Health** - By appointment ONLY. Monday - Friday in the afternoon ph 5451 0200 (Kerang, Cohuna, Boort, Pyramid Hill and Koondrook)

# FACE MASKS IN REGIONAL VICTORIA

- From Sunday 2 August at 11:59pm, a face covering is mandatory whenever you leave home – wherever you live.
- Wearing a face covering protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).
- Keeping 1.5 metres between yourself and others and washing your hands are still the best defences against coronavirus (COVID-19).
- The recommendation to wear a face covering does not apply to children and people aged under 12 years, individuals with breathing difficulties, and those who have physical conditions that make it difficult to wear a face covering.

## Can I reuse my face covering?

A cloth mask can be washed and re-used. It is a good idea to have at least two, so you always have a clean one available.

Single use masks are for single-use only and should be disposed of after 4 hours of continuous use. Please dispose of responsibly in the rubbish bin.

Don't reuse the same cloth mask to go home that you used earlier on the same trip to go to work. Put each used cloth mask into a zip lock bag to be taken home for washing. For each new situation put on a clean cloth mask.

Carry a paper bag or zip lock bag with you to carry clean masks and keep them clean.

## How long can a reusable mask be worn for?

A cloth mask should be washed each day after use. However, if during the day your mask is visibly dirty or wet, do not continue wearing it; the mask needs to be washed. If your mask becomes dirty or wet in the time that you are wearing it, you should change to a clean and dry mask.

## How long do reusable masks last?

The following are signs that your cloth mask may no longer be offering you the same level of protection it once did:

- it does not fit snugly on your face (for example, you can feel your breath coming out of the sides of the mask)
- it keeps falling off or sliding down
- there are holes in it
- you need to keep adjusting it
- the material has started to wear thin or fray.

