



14 August 2020

### **COVID-19 Update**

In Victoria several suburbs of Melbourne have been under strict lockdown restrictions for just on a week. Although it is still too early to tell if the outbreak is being brought under control the COVID-19 case numbers reported on a daily basis have been under 400 each day since the lockdown commenced indicating that the situation there may be stabilising.

A relatively high number of cases however are being reported in the regional areas of Geelong, Ballarat and Bendigo causing authorities and health officials' considerable concern and it is unclear when the differing raft of restrictions in place across the State will be eased.

The severe impact the virus is having in Aged Care facilities has also raised alarm and the responses and actions of all Governments are currently being examined by the Royal Commission into Aged Care Quality and Safety.

NSW is still recording a low number of cases every day and the State remains on high alert. There have been no new cases resulting from community transmission recorded in the remaining States and Territories in the last 48 hours.

Meanwhile New Zealand, one of the very few countries who successfully managed to eliminate the virus has now recorded 30 cases over the past three days. Demonstrating how hard it is to contain the virus and how quickly it can spread.

Our understanding of COVID-19 is changing all the time and since the pandemic began health experts have learnt a lot more about the virus and its symptoms. Updates from the World Health Organisation now indicate that on average COVID-19 takes about 5-6 days from when someone is infected with the virus to show symptoms. While the most common symptoms include fever, dry cough and tiredness less common symptoms vary from person to person and may include aches and pains, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell, a rash on skin, or discolouration of fingers or toes. Anyone who displays any of these symptoms should self-isolate and arrange to get tested immediately.

The situation is changing all the time and it is hard to keep on top of the most accurate and up to date information. We are here for you and our communities. Important links and up to date information on COVID-19 can be found on our website. Please stay informed and take particular care of your own physical, social and emotional wellbeing during this time.

The NATSIHWA team have developed and implemented COVID safe working arrangement and will be back in the office from Monday next week (17 August). If you want to have a yarn, need assistance or to raise any concerns, please don't hesitate to call us on 1800 983 984.

Thanks again for the work that you do and please stay safe.

The NATSIHWA Team