

BSHS NEWS

To be a vibrant provider of care



THE MONTH IN REVIEW

By Meryn Pease (CEO)



The consortium of Victorian Universities, (Monash, Melbourne, Deakin and La Trobe) Department of Rural Health, as our partner with the 'Going Rural' Allied Health Student placements program, have submitted an application to the Commonwealth for funding. The funding application is for expansion of the Rural Health Multidisciplinary Training Program, to increase clinical placements in Aged Care Services. The application includes a request for \$200,000 to upgrade student accommodation at Beaufort. If successful, the funding will go directly to BSHS to manage the refurbishment. Initial planning would see an additional ensuite created, an additional bedroom, upgrades to the existing bathroom and kitchen, upgrading indoor and outdoor living areas and some new furniture.



Kim Stevens (Learning and Development Manager) assisting with testing at Beaufort.

The approach from the Go Rural team to BSHS is in recognition of the excellent experience the Go Rural Allied Health students have received with us.

Our new Occupational Therapist graduate, William under took his clinical placement with us through the Going Rural program.

The Victorian Agency for Health Information (VAHI) has secured funding for up to forty

Small Rural Health Services to trial the Care Opinion platform for this year. Care Opinion is a public online feedback platform enabling transparent engagement with consumers and their carers. The platform has had the greatest impact on person-centred care across the Scottish health system over the past 10 years, and a number of Victorian Health Services.

We have submitted an Expression of Interest to VAHI and been advised that our application has been successful, which enables the Health Service free access to the platform for twelve months, from 1 October, 2021 to 30 September, 2022.

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OUR BUSINESS

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Now the 2020/21 annual report is nearing completion, it will go to Parliament in October / November for approval. After this process, we can hold our Annual General Meeting (AGM). At this stage, the AGM is booked for 24 November, with further details to come out soon.

We are always looking for ways to meet the health needs of our local communities. Please let me know of any services you feel the community need and that we do not currently provide. We are all here for the same reason, to provide safe high quality health care for our community.

I know that your resilience has been challenged this year, with the continued spread of the COVID-19 Delta variant across our State. This month, is 'Mental Health Awareness', and it is a reminder to all of us to care for ourselves, especially our mental health. Please check-in with each other, the simple expression of 'Are you okay?', maybe the prompt for your colleague to speak up.

Thank you for your continued dedication and commitment to the Health Service and for keeping our community safe. Please take a moment to think of your health colleagues working in Melbourne, where the number of COVID positive cases are high and the pressures that they are enduring as a consequence.

Regards Meryn

ROLLIN OUT VACCINATIONS:



By Jenny Holdsworth
(Medical Practice Manager &
Practice Registered Nurse)

The Skipton Medical Practice was approved in mid September to deliver COVID-19 vaccines.

The vaccines are supplied under the Commonwealth government program. Astra Zeneca and Pfizer are now offered at the Medical Practice for everyone 12 years and older.

In the last few weeks the GPs' have vaccinated over 200 people. A fantastic number of local teenagers have presented for their 1st dose of Pfizer. The majority stating that "I just want to get it over and done with, so we can all get on with life".

Dr. Anderson has worked extra days to help with the successful roll out of the program, pictured here with a local student (Clara Phillips) receiving her Pfizer vaccination. We hope to have vaccinated over 500 people by end of November.

Thanks to everyone involved, for your hard work and making this program a success for BSBS and our local community.

OUR BUSINESS

Board Matters:

**David
Lenehan**



The September meeting of the Board of Management was held on the 22 September, and all Directors and Executive staff were in attendance. I would like to commend our Directors for their consistent commitment to the Board and other governance subcommittee meetings by maintaining attendance rates of almost 100%. This demonstrates a high level of engagement and commitment to our governance responsibilities.

The Board received a briefing on the BSHS 2020-2021 Health Promotion

Action Plan which provided a comprehensive overview of the health promotion activities conducted over the past 12 months. The plan was carried out in conjunction with the Grampians Primary Care Partnership with a focus on healthy eating, mental health and active living. Health promotion staff are doing a great job in improving the health and wellbeing of many in our community.

The Directors were pleased to note the high level of vaccination rates in response to the Government's policy of mandatory vaccination of all staff in aged care facilities.

The Directors have asked that I convey our sincere appreciation to managers and staff for taking on the challenges of these times and for supporting each other to ensure that everything possible is being done to protect ourselves and to provide a safe environment for our patients, residents and visitors.

While initially controversial, mandatory vaccination programs are now being rolled out in other areas of the health industry, teaching and indeed the construction sector.

BSHS was successful in obtaining a community grant of \$25,000 to participate in the COVID-19 vaccine ambassador program. This program aims to support priority populations to understand the importance of being vaccinated and together with our vaccination clinics at Beaufort and Skipton, the Health Service is playing an important role in educating and protecting our staff and the community against the COVID-19 pandemic.

Directors understand that the last 18 months have been difficult for the general population with numerous lockdowns and harsh restrictions. No industry has been more impacted than

hospitals and health services. Staff have had to adapt to many new procedures and protocols, wearing masks and protective clothing, the anxiety of residents and visitors and indeed their own families.

Finally, with the recently announced Victorian "roadmap" and increasing levels of community vaccination, we can look forward with some optimism to a more normal Christmas and year ahead.

Regards,

David Lenehan

Board Chair

OUR BUSINESS



BOARD DIRECTOR

Dr. Daniel Terry

I was appointed to the BSHS Board of Directors on 1 July 2019 and have been involved in the Clinical Governance Committee from 2018. Later this was followed by being elected as the Chair of the Medical Consultative Committee and Credentialing and Clinical Scope of Practice Committee.

I have been a member of the Beaufort community for the past three years and was drawn by the town's natural beauty, the community members, the safety we feel, and what it has to offer for a growing family, as a small rural community. As part of becoming a member of the community, I wanted to give back and support the community in ways that would be of benefit now and into the future.

Collectively, the board has a wealth of knowledge, skill set, and experiences that is driven by their desire to see the best outcomes for the Health Service, which then impacts the health of the residents, acute patients, and the wider community. I always come away from a meeting feeling privileged to be working with very bright Board members, an exceptional executive team, while also being grateful to see and hear the great work that everyone (from the cleaning staff to the clinical staff), contributes to the Health Service and the communities they serve.

My background is nursing, and it is sometimes difficult to describe what it is that we do. For me, I worked in regional and rural community settings with clients

that ranged from a few weeks old to even a number of centenarians. I feel I learned more from each client I worked with, than the care I ever provided. I enjoyed supporting new parents with their babies, teens with broken bones, advocating for the acutely unwell, and even supporting those in their last weeks, days, and moments of life.

It was these individuals that left an indelible impact on my life more than a decade ago, along with my love of learning, that led me to undertake post-graduate studies and move into academia, so that I could have a much greater and far-reaching impact. My research interests are rural health and rural health workforce, and I also teach the up-and-coming nurses of the future through my day-to-day role in the School of Health at Federation University.

Beyond my Bachelor of Nursing degree, I also have a Master of International Health, a Doctor of Philosophy, and I have just completed a Master of Business Administration. Despite all this learning, what I have found is the more I learn, the more I realise that I know nothing. It is this realisation that keeps me grounded and focused in all that I attempt to do.

When I am not working, I enjoy spending time with my growing family of four teenage children, walking the dog, and playing in the garden. Also, when I am not working, and when time permits, you might find me with my nose in a non-fiction book reading and learning about something else for hours on end...

Daniel is currently the Committee Chair of our Credentialing and Clinical Scope of Practice Committee, Medical Consultative Committee and he is a member of our Clinical Governance Committee.

OUR CONSUMERS

Introducing Anna Peeters:

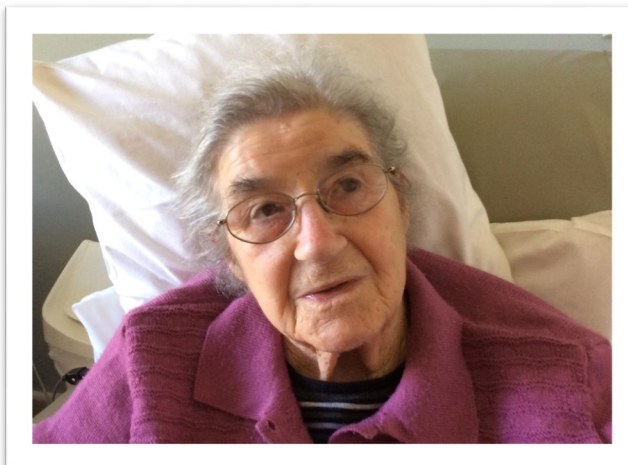
(Brigadoon Hostel, Skipton)

By Vicki Currie

(Skipton Leisure & Lifestyle Team)

I was born in Horst, Holland to Hendrinka and Heyligers and I am the eldest of seven children. I went to Horst Primary School. I left school when I was 14-15 to work for mum and dad at home. When I got up of a morning I had a list of jobs that I had to do, as well as looking after my siblings.

I met my husband, Theo and got married when I was 18. My husband was in the Dutch Army and got called up and was sent overseas for a couple of years. We moved to Ballarat, Australia as there were no working opportunities in Holland.



My husband, Theo got a job on a farm, and I worked for the farmers' wife. I have three sons and four grandchildren. Sadly Theo passed away 15 years ago.

I like reading the newspaper to keep up with the world and enjoy reading love stories. Jigsaw puzzles and playing cards is something else I enjoy doing. I love being with people and talking to them. I enjoy listening to music, especially accordion music.

Residents Choose New Dining Furniture:

(By Petrina Phillips—NUM Skipton)



Meal times at Brigadoon Hostel, Skipton have had a real lift with our residents now sitting down to enjoy meals at their new dining settings.

Our Skipton residents enjoyed going through the many samples that were provided before agreeing on the patterned chairs that reflected a sense of their rural setting. The colours were chosen to match and fit in with their dining areas.



OUR CONSUMERS

LEISURE & LIFESTYLE:

(By The Leisure & Lifestyle teams)



Recently staff and residents joined Sheila as she celebrated her 102nd birthday in the Beaufort Nursing Home.

Sheila celebrated the day with several phone calls, socializing with friends in the nursing home and singing along to the Melbourne footy theme song.

Sheila stated that she had a marvelous birthday, very relaxed and enjoyable.

Birthday Celebrations

Wishing a very happy birthday to all our residents who celebrated a special day throughout the month.

It was lovely to see staff and residents getting together to celebrate some very special days. Everyone enjoyed some delicious cakes and great company.



Staff celebrating Beryl and Mary's birthday.



Mary cutting her cake.

OUR CONSUMERS

LEISURE & LIFESTYLE:

(By The Leisure & Lifestyle team— Skipton)

When we can't meet in person ... let's zoom ...

The last day of the kinder term was celebrated with a 'Dress Up Day' held via zoom, for the Skipton Kinder children and our residents.

Everyone got involved and had some fun and many laughs!



Having a chat on Zoom ... for Dress Up Day ...

Flower Arranging at Skipton:



Above: Netta, Irmgard and Delma (left) enjoyed working on their beautiful Waratah arrangements which have been on display in Skipton.



Brian, Shirley, Netta, Taylor and Mandy enjoying time at the Skipton lake.

OUR CONSUMERS

Testing continues at BSHS:



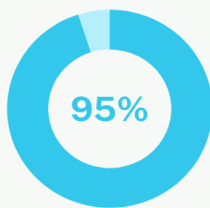
Thank you to our team for all your hard work in organizing our testing clinics.



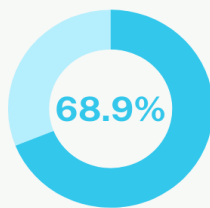
Above: Nicole - Skipton testing.

Right: Mollie & Chloe — Beaufort testing.

Thank you! Corangamite Shire



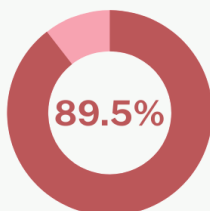
% of people who have received first dose of COVID-19 vaccine



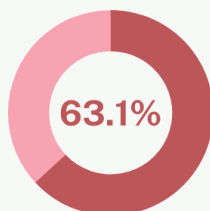
% of people who have received second dose of COVID-19 vaccine

Figures as at October 11 2021
% of population aged 15+
Please note rates are capped at 95%

Thank you! Pyrenees Shire



% of people who have received first dose of COVID-19 vaccine



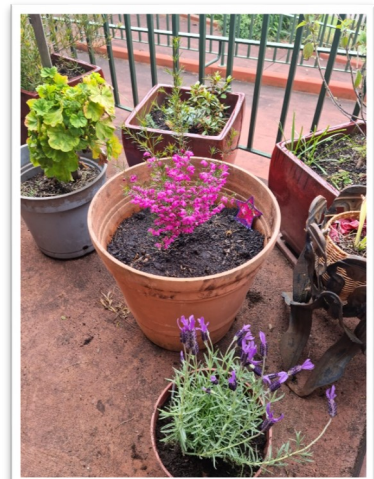
% of people who have received second dose of COVID-19 vaccine

Figures as at October 11 2021
% of population aged 15+
Please note rates are capped at 95%

Getting Out Amongst the Flowers:



Sheila enjoying the garden



There's nothing like getting out into the garden. You can feel the immediate benefits of spending time in the great outdoors, enjoying the beauty of plants and flowers, connecting with nature and getting your hands dirty doing something productive.

Gardening nourishes our minds, bodies and souls and this was evident when Sheila (Beaufort Nursing Home) recently enjoyed planning and planting the garden boxes and pots.

Thank you to all involved—we can't wait to see the flowers grow and add a touch of colour for everyone to enjoy!

OUR CONSUMERS

Dr. Badrika Celebrates First Year at BSHS:



We were delighted to recently celebrate Dr. Badrika's first year anniversary with BSHS.

Dr. Badrika has now increased his appointments at the Skipton Medical Clinic to full days from Tuesdays to Thursdays.



Breast screening—finding cancer early could save your life

BreastScreen Victoria

The BreastScreen Victoria mobile screening van will be in Ararat from

Monday 11 to Friday 29 October 2021

at the Ararat Library Car Park, corner of Barkly and Queen Streets, Ararat.

Appointments for your FREE breast screen can be made online at breastscreen.org.au or by calling 13 20 50



By Jayde Ringin (Health Promotion Officer)

Zucchini and Cheese Hashbrown Cups

Ingredients

- Olive oil spray
- 500g potatoes, peeled, grated and liquid squeezed out
- 2 tbsp olive oil
- Pinch of salt & pepper
- 6 eggs
- 4 egg whites
- ¼ cup reduced-fat cheddar, grated
- 2 zucchinis, grated and liquid squeezed out
- 4 spring onions, diced
- 1 cup frozen peas

Method:

1. Pre-heat the oven to 200°C. Spray a 12 cup muffin tin with olive oil spray.
2. In a large bowl, combine the potato and olive oil. Add a pinch of salt & pepper.
3. Divide the mixture evenly into the muffin cups and press firmly into the bottom and up the sides to form a well. Bake for 15-20 minutes or until the edges turn golden.
4. In a separate bowl, whisk together the eggs and egg whites. Add the cheese, zucchini, spring onion and peas and mix to combine. Once the hashbrowns are cooked, remove from the oven and slowly pour the egg mixture into each cup. Return to the oven and cook for 15 minutes or until the eggs are set.

OUR CONSUMERS

(By Rhonda Hocking, Mental Health Clinician)

October is 'World Mental Health Month', to raise awareness for Mental Health.
10 Tips for Looking After Your Mental Health

1 Firstly **recognise** the absolute importance of good mental health and it's significance to physical health – stress, anxiety, depression have a huge impact on sleep, diet and overall wellbeing and can rob you of the zest in life.

2 Ensure good work/life **balance**. You are much more than a worker, a volunteer, a mum or dad, a son or daughter. See the whole of you and take care of all the parts of you.

3 Seek out opportunities for the **creative** you – there are very few Picasso's or Rembrandts out there – so just give it a go. Try singing, playing a musical instrument or build something.

4 What makes you unique? We are all our own person – **celebrate** you!

5 **Friends** – numbers don't matter. Good friends see qualities in you that they want to be around. You may not see these yourself, so why not ask them

6 Look for **Soul Food** – visit a gallery or a garden, watch footy and enjoy the gifts and talents of others. Go to a concert (when possible) or music festival, the ballet – take in the richness of life.

7 Try not to **judge** yourself or others harshly. Open your mind, accept things as they are and allow them to just 'be' – allow those thoughts to go by you like leaves on a stream – don't get hooked up in them.

8 **Check in** with yourself. Sit quietly and do a body scan. Is your neck feeling stiff, is there pain anywhere, do your legs or feet feel tired or sore – take time to be kind to yourself. Try a gentle stretch, massage tired feet – even if only for a few minutes.

9 Take time to **taste** and enjoy what you eat - it's a sign of self-care as the body needs fuel. For fun – place a sultana in your mouth, but do not bite it. Hold it in your mouth, role it around with your tongue, explore it's wrinkliness, allow the taste to enhance your saliva. Keep it intact for as long as you can – 1-2 minutes.

10 **Believe** in yourself and be the best You, you can be.

OUR PEOPLE

By Kim Stevens (Learning & Development Manager)



The students have had an amazing time. A massive thanks to everyone who has made them feel supported and welcome. Below is a snippet of the feedback from the students.

FEEDBACK:

- I wish I could nominate all the staff and educators including the NUM. The whole team was just fantastic. It's so rare to have such a positive work environment and it's a testament to all the hard work you put in.
Registered Nurse student, 3rd year - Beaufort
- One of the best placement experiences.
Registered Nurse Student, 3rd year - Skipton
- It's a great facility to consolidate my learning over the past 3 years.
Registered Nurse Student, 3rd year - Skipton
- I liked the rural setting. All staff members have been fantastic in welcoming me and making me feel part of the team.
Enrolled Nurse, 2nd year – Skipton
- I had the best time on placement in Beaufort, I won't ever forget my time here.
Enrolled Nurse, 1st year - Beaufort

Recognising our team: Student feedback:

- ★ Tony – for always letting us get involved and for supporting us
- ★ Jin – for being so encouraging
- ★ Caitlin – always pushing us clinically
- ★ Leanne – a wonder, always happy to share knowledge
- ★ Nicole, Britt, Loraine, Peter, John, Erin, Susan – they are all the best!
- ★ Nicole – easy going, provided opportunities, great to work with
- ★ Peter and Krystal – for both being great to work with
- ★ Joey – for being a great team leader
- ★ Karlie, Chloe and Mollie – hugely supportive in my learning.
- ★ Alana and Lee – for teaching resident communication and care

Recognising our team:

- ★ Robbie — assistance with planting the Beaufort pot plants
- ★ Andrew—for going above and beyond in assisting kitchen staff during the annual audit
- ★ Beth—for her work ethic during trying circumstances.
- ★ Olivia - displaying great teamwork in supporting others.
- ★ Rebecca - supporting others with understanding the changes to the cleaning schedules.
- ★ Billy - for stepping up and supporting hotel service staff in working more shifts to fill gaps.
- ★ Wendy - for her support to the Finance team around Home Care Packages.

OUR PEOPLE

Staff Spotlight: Christian Ashby —Podiatrist



As it was International Podiatry Day on 8 October, this month's Staff Spotlight is on our very well respected Podiatrist, Christian Ashby.

How long have you worked at/when did you start working at BSHS?

I have worked at BSHS for over 10 years, I started in 2009.

Days and locations that you work?

I work at Beaufort three days a week. Monday, Wednesday, Friday.

What does your role involve?

Assessing, treating and diagnosing any foot complications. This involves musculoskeletal, diabetic, dermatological or general foot problems.

Favourite thing about your role?

Helping to achieve a pain free environment in regards to the patient's foot complications. Also providing a holistic approach in treating the person. Assessing all aspects of my patients health and giving them advice and guidance in these areas and if I can't, referring them to someone in the Health Service who can.

What do you enjoy doing when you're not at work?

Spending time at the beach in Apollo Bay. Riding, training and racing my bike and spending time with my family.

Three things you can't live without?

My bike, children and wife.



This month we are pleased to welcome the following people to the Beaufort and Skipton Health Service team:

- Daniyal Zubair - Personal Care Worker Beaufort
- Ashlee Meek – Personal Care Worker Skipton



Executive Safety Walk Rounds

As part of the BSHS commitment to Patient and Staff Safety, an Executive Safety Walk Round team will be visiting the Skipton Community Health and Medical Practice

1:00pm, Monday, 25 October 2021

OUR PEOPLE

By Erica Smith (People & Culture Manager)

Sexual Harassment

The recent People Matter Survey results indicated that 5% of respondents had been sexually harassed at work. This is a decrease from 10% in 2020, but still it is a concern that staff have been exposed to sexual harassment.

Sexual harassment is any unwelcome sexual advance, request for sexual favors or other conduct of a sexual nature, that a reasonable person would believe to be offensive humiliating or intimidating.

Sexual harassment may be perpetrated by various people including a supervisor, co-worker, client, patient or visitor. For example, a care worker might be harassed by a client when on a home visit.

Sexual harassment can include:

- * Unwelcome touching, cornering or kissing
- * Inappropriate staring or leering
- * Suggestive comments or jokes
- * Using suggestive or sexualized nicknames for co-workers
- * Sexually explicit pictures, posters or gifts
- * Circulating sexually explicit material
- * Persistent unwanted invitations to go out on dates
- * Requests or pressure for sex
- * Unnecessary familiarity, such as deliberately brushing up against a person
- * Insults or taunts based on sex
- * Sexual gestures or indecent exposure
- * Following, watching or loitering nearby another person
- * Threatening to share intimate images or film without consent

Sexual harassment is also a form of gendered violence. Gendered violence is any behavior directed at any person or that affects a person because of their sex, gender or sexual orientation, or because they do not adhere to socially prescribed gender roles, that creates a risk to health and safety.

Factors that may increase the likelihood of a worker experiencing sexual harassment include:

- * Worker under 30 years of age
- * Workers who identify as LGBTIQ+
- * Aboriginal or Torres Strait Islander workers
- * Workers with a disability
- * Workers from culturally and linguistically diverse backgrounds
- * Migrant workers or workers holding temporary visas, and
- * People in insecure working arrangements e.g. casual or part-time work.

Sexual harassment can be experienced by both men and women, but women are significantly more likely to experience it than men and are more likely to suffer negative impacts on their mental health, self-esteem, self-confidence and career progression.

BSHS have a zero-tolerance for sexual harassment. Staff are encouraged to report any sexual harassment to a manager or our Contact Officers (Shona Walsh or Rebecca Simmonds).

We will be establishing a reporting process for staff experiencing sexual harassment. We would like to invite staff to contribute in establishing this process by letting us know your experience and providing feedback.

Please contact Erica Smith or Andrea Flenley for more information.



OUR PEOPLE

2021 PEOPLE MATTER SURVEY RESULTS

84%

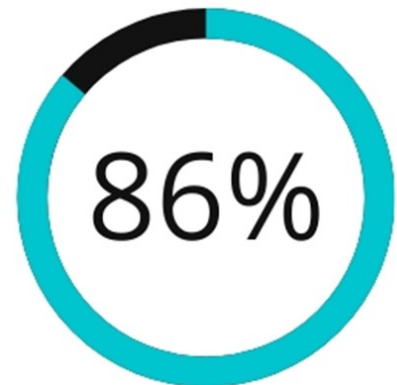
of respondents said BSHS inspires them to do the best in their job, an increase of 27% from 2019

73%

of respondents said workgroups across BSHS willingly share information with each other, an increase of 26% from 2019.



91% of staff are proud to tell others they work for BSHS.



of staff would recommend BSHS as a good place to work.

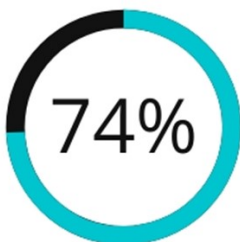
23%



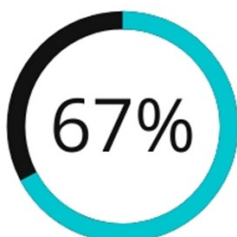
OF RESPONDENTS HAVE EXPERIENCED BULLYING



of respondents said management is driving us to be a safety-centred organisation, an increase of 25% from 2019.



of respondents said senior leaders show support for stress prevention through involvement and commitment, an increase of 41% from 2019.



of respondents said all levels of BSHS are involved in the prevention of stress, an increase of 33% from 2019.



92%

said they enjoy their current job.

7%

said they are neutral about their current job.

1%

said they don't enjoy their current job.

OUR QUALITY & SAFETY



Message for Public Health Services — Healthcare Worker Vaccinations:

Providing a safe environment for staff and patients has always been a foundation of the Victorian health system.

The COVID-19 pandemic has challenged our ability to provide a safe environment in many ways. We have been required to rapidly adapt to emerging evidence to make sure we are protecting the workforce and patients, including through improved use of personal protective equipment, introduction of fit-testing and improved ventilation settings across our health services.

Vaccination is another critical element in our efforts to provide a safe environment for staff and patients through the ongoing COVID-19 response.

Recognising the importance of vaccination, the Chief Health Officer issued a direction requiring a range of healthcare workers to be vaccinated against COVID-19. The formal direction follows the announcement by the Premier on 19 September 2021 that healthcare workers would be the next workforce to have COVID-19 vaccination become a requirement to work, drawing on a recommendation from the Australian Health Protection Principal Committee to National Cabinet.

The scope of this direction includes all working within a healthcare setting, such as a hospital, primary care clinic or outpatient clinic. It includes those:

- Directly providing care to patients, including medical practitioners, nurses, midwives, allied health professionals and patient care attendants.
- Providing administrative and ancillary roles within healthcare settings, including administrative staff, food preparation staff, cleaning and laundry staff; operating theatre technicians, security staff and maintenance and repair staff.

Students on placement and volunteers engaged to undertake duties at the healthcare setting are also required to be vaccinated, as are healthcare workers in ambulance and patient transport roles.

From 15 October 2021, healthcare workers must be able to, as a minimum, provide evidence showing they have:

- received at least their first dose of a COVID-19 vaccine by 15 October 2021, or
- an appointment to receive at least their first dose by 29 October 2021, or
- a medical exemption evidenced by an authorised medical practitioner.

From 30 October 2021, healthcare workers must be able to provide evidence showing they have:

- a full COVID-19 vaccination of two doses, or
- one COVID-19 vaccination dose and a booking for a second by 15 December 2021, or
- a medical exemption evidenced by an authorised medical practitioner.

From 15 December 2021, operators must ensure all healthcare workers are fully vaccinated or have a medical exemption evidenced by an authorised medical practitioner.

Further information on the requirement for healthcare workers to be vaccinated can be found [here](#). The formal Chief Health Officer direction can be found [here](#).

Further resources are also available via the [Commonwealth, Victorian Department of Health and Victorian Coronavirus](#) websites.

[The full statement is available in staff rooms and the BSHS intranet.](#)

OUR QUALITY & SAFETY

Update regarding latest Close contact changes:

Frequently Asked Questions –
Grampians Public Health Unit —
11 October 2021

I have been to a Tier 1 exposure site during the time period listed.

- You need to get tested as soon as possible and quarantine for 14 days.

Please call the Department of health on 1800 675 398 if you haven't received a text or had a call from the Public Health Unit.

I have been told I am a Primary Close contact of a Positive Case.

- You need to get tested as soon as possible and quarantine for 14 days.

Please call the Department of health on 1800 675 398 if you haven't received a text or had a call from the Public Health Unit.

A person in my household has tested positive to COVID 19

- You need to get tested as soon as possible and quarantine for 14 days regardless of the result.

Please get tested again if you develop the slightest symptoms.

A person in my household has been to a Tier 1 exposure site during the time period listed

- You do not need to quarantine or get tested unless you develop symptoms.

A person in my household is a Primary Close Contact

- You do not need to quarantine or get tested unless you develop symptoms



COVID-19 Update

COVID-19 Testing & Vaccinations Available

COVID-19 TESTING

- Available by appointment
- Please call between 9am and 5pm

Book your appointment at Beaufort 5349 1601 or Skipton 5340 1101

COVID-19 VACCINATION CLINIC

- Pfizer & Moderna (limited) is available if you are 12 years of age and over.
- AstraZeneca is available if you are 60 years of age and over.
- Call to book your appointment
- Please bring your Medicare card

If your first dose was AstraZeneca, your second dose will also be AstraZeneca.

Please continue to be COVIDSafe



Physical distance



Wash hands regularly



Wear a mask

For enquiries regarding COVID-19 testing, contact tracing and general advice please contact the Grampians Public Health Unit on 1300 988 908 (8am-8pm), 7 days a week

AVAILABLE AT BEAUFORT AND SKIPTON

Beaufort

28 Havelock St, Beaufort
5349 1601 (testing)
5349 1610 (vaccinations)

Skipton

2 Blake St, Skipton
5340 1101

CONNECT WITH US

[bsbs.org.au](https://www.bsbs.org.au)

I spent time with a friend or colleague who has been identified as Primary Close Contact

- You don't need to get tested or quarantine

I spent time with a friend or colleague who has attended a Tier 1 exposure site

- You don't need to get tested or quarantine

Please get tested with even the slightest symptom and isolate until you receive a negative result.

Please get vaccinated