



MELBOURNE SOUTH YARRA RESIDENTS GROUP INC.

Established by the residents of South Yarra in 1969

COVID19 UPDATE BULLETIN

City of Melbourne now state's top worst hotspot. Only about 3% of Victoria's population lives in the City of Melbourne, yet it is currently home to 20% of the state's active coronavirus infections

The AGE Saturday 11/7/20, page 4-5

This includes our suburb of South Yarra. The danger for us in South Yarra is increasing.

WE MUST PROTECT EACH OTHER. WE MUST SLOW & STOP THIS NEW DRAMATIC SPIKE
We are all now in Stage 3 STAY AT HOME restrictions until 11.59 pm 19 August 2020

HOW TO STAY SAFE AND WELL

- stay at home; you can only leave home for one of four reasons:
 - shopping for food and supplies,
 - health care and caregiving,
 - outdoor exercise,
 - study and work if you can't do it from home
- social distancing at ALL times: stay 1.5 metres from other people (except those people with whom you ordinarily reside). Assume others may be carrying the virus
- wash your hands often, particularly when you return home
- wear a face mask when difficult to keep 1.5 metres apart when out
 - * Botanical Pharmacy stocks masks and sanitizer: ph 9866 2634
 - * Make your own mask: <https://www.dhhs.vic.gov.au/design-and-preparation-cloth-masks-covid-19-doc>

HELP SLOW THE SPREAD OF COVID19 BY GETTING TESTED EVEN IF YOU HAVE MILD SYMPTOMS

Mild symptoms: fever, chills or sweats, cough, sore throat, shortness of breath, runny nose and loss of sense of taste or smell

WHERE TO BE TESTED

- 1 Alfred Hospital Covid19 Screening Clinic. The Alfred, 55 Commercial Road, Melbourne. 8 am- 6 pm. Located at the hospital's helipad car park – next to the hospital's emergency department. The clinic is separate from the main hospital building, so look out for the signs when you arrive. The hospital's main entrance is the closest drop off point to the screening clinic, including for people with limited mobility. **No appointment** is necessary to attend but depending on queues, you may need to wait. Please wear a mask if you have one. Also be aware that strict infection prevention protocols require the screening clinic to be closed at **11.00am** and **2.30pm** each day for a period of forty minutes to undergo a deep clean.

Map: [https://www.alfredhealth.org.au/contents/resources/patient-resources/SCREENING CLINIC map April 2020 v4.pdf](https://www.alfredhealth.org.au/contents/resources/patient-resources/SCREENING_CLINIC_map_April_2020_v4.pdf)

2 **Call your GP: you can telehealth**

3 Prahran Respiratory Clinic at Prahran Town Hall, 255A Chapel Street, Prahran. 9525 1300.

OR

Port Melbourne Respiratory Clinic, 3/405 Bay Street Port Melbourne. 85831150

Both Clinics are by Appointment only and are Free. NB: for those who have no internet access they are permitted to walk in.

4 MORE LOCATIONS: <https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19#where-to-get-tested>

Visit the Victorian Government website dedicated to coronavirus (COVID19):

www.dhhs.vic.gov.au/coronavirus

Call the dedicated Hotline 1800 675 398

Melbourne South Yarra Residents Group Inc.

14/07/20