

Coronavirus (COVID-19) Mandatory Isolation Information



Thank you for your support in a bid to stop the spread of COVID-19 in our community. Completing this period of mandatory isolation as discussed with your health care professional is very important. We understand how hard this can be on you and your family. The information provided to you in this document outlines some of the supports that may assist you during this time.

Medical

If you require assistance from your medical professional please contact your GP.

- Mansfield Medical Clinic: 03 5775 2166
- Central General Practice: 03 5775 2591

If you require medical assistance out of business hours, please contact Mansfield District Hospital 03 5775 8800 www.mdh.org.au

If you require emergency assistance call 000.

General

Mansfield Shire Council's Community Relief and Assistance Hotline available Monday – Friday 8.15am – 5.00pm. This hotline is available to provide support during your mandatory isolation. Enquiries to access food, pharmaceuticals, social support, financial and personal assistance. 1800 MSC AID (1800 672 243)

Mansfield Shire Council website Coronavirus information mshire.co/MSCcovid19

Department of Health and Human Services (DHHS) have a dedicated Coronavirus Hotline to provide advice: 1800 675 398 www.dhhs.vic.gov.au/coronavirus

The Australian Red Cross and local community organisations can provide Support for Social Isolation and Connection – if you are feeling lonely or isolated due to coronavirus (COVID-19).

Call the Coronavirus Hotline 1800 675 398 press 3, an Australian Red Cross Volunteer will speak to you about your needs and the help you require to make you feel more connected. This service can also provide a friendly ear if you are distressed or anxious.

Mansfield Local Business Support Services

- **Marks IGA** - online shopping and delivery within 24 hours. Delivery driver will call on delivery of groceries and leave at identified location. 03 5775 2014 www.mansfieldiga.com.au
- **Foodworks Supermarket** - online shopping and delivery within 24 hours. Delivery driver will call on delivery of groceries and leave at identified location. 03 5775 2255 www.mansfield.myfoodworks.com.au
- **Guardian Pharmacy** - delivery options throughout the Shire. Call 03 5775 2028
- **Cathy Henry Pharmacy** - delivery options throughout the Shire. Call 03 5775 1311
- **Takeaway food options** – www.eatdrinkmansfield.com.au
- **Mansfield Library Service** - is currently closed, however a 'Click and Collect' service is available during the temporary closure. 5775 8555

Financial

If you test positive for coronavirus (COVID-19) or a close contact of a confirmed case, you may be eligible for the \$1500 Coronavirus (COVID-19) worker support payment that provides financial support while you are quarantining at home as instructed by DHHS.

Or, If you are the parent or guardian of a child under 16 who has tested positive for coronavirus (COVID-19) or is a close contact of a confirmed case and you have been instructed by the DHHS to self-isolate or quarantine, you may also be eligible for the \$1500 Coronavirus (COVID-19) worker support payment.

For more information on these payments please go to the DHHS website via this link: mshire.co/covidpayment

Victorian workers can apply for a \$450 Coronavirus (COVID-19) test isolation payment that provides financial support while they self-isolate to wait for the results of a coronavirus (COVID-19) test. For more information go to the DHHS website via this link mshire.co/isopayment

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*Sometimes,
reaching out and
taking someone's
hand is the
beginning of a
journey*

Mental Health Support

Being aware of how you're feeling and knowing what you can do to look after your mental well being is an important part of staying healthy during this challenging time. You may find the following resources helpful:

- Mansfield District Hospital Social Worker - 03 5775 8800
- Black Dog Institute online clinic blackdoginstitute.org.au/resources-support/wellbeing
- and for a free mental health assessment tool onlineclinic.blackdoginstitute.org.au
- Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health. coronavirus.beyondblue.org.au/managing-my-daily-life
- Health Direct - 1800 022 222 to speak to a registered nurse about your health concerns. The hotline is open 24 hours a day, 7 days a week.
- Kids Helpline 1800 55 1800 provides a free, private and confidential service for young people aged 5 to 25. The service is available 24 hours a day.
- [Ruok.org.au](https://ruok.org.au) - how to ask, "are you OK?" simple steps that could change someone's life.
- The Resilience Project - wellbeing strategies that build resilience by practicing the principles of Gratitude, Empathy, Mindfulness and Emotional Literacy theresilienceproject.com.au/presentation-slides-references

