

24/7 On-call After Hours Service — Otway Health Ph: 5237 8500**Location: 75 McLachlan Street, Apollo Bay**Apollo Bay Medical Centre Ph: 5237 8595 | Email: apollobaymedicalcentre@gorh.vic.gov.auOtway Health Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

Message From Our CEO

Thank you very much to the Apollo Bay community for coming and getting tested for COVID-19 in the past few days. Many of you will be aware that COVID-19 fragments were found in Apollo Bay's waste water, which raised concern given we have no active cases in Apollo Bay.

Great Ocean Road Health responded by increasing testing capability at Otway Health on Sunday and setting up a pop-up drive through testing site for Monday and Tuesday.

A huge thanks to the Apollo Bay Golf Club who were very accommodating in allowing us to use their facilities, special thanks to Damian Carney and Bill Buckley.

Thanks to the Otway Coastal Committee for the use of the Car Park and the Colac Otway Shire for organising the traffic control and the road closures. Thanks to Danny Cox for giving up his Father's Day to assist.

A huge thank you of course to the Great Ocean Road Health staff, who spent much of their weekend organising the response after we were contacted by DHHS on Saturday morning.

Please even if you have the mildest of symptoms call 5237 8500 to get tested. Kind Regards, Sandy.

Apollo Bay Radio

Don't forget to listen to our **latest podcast on 3ABR** every Second Tuesday. **Find the show via:** www.apollobayradio.podbean.com or on our website at www.greatoceanroadhealth.com.au

Keep Up To Date

There are so many ways you can keep up to date with what's happening here at Great Ocean Road Health and in our community;

Email: enquiries@gorh.vic.gov.au

Facebook: Great Ocean Road Health/Apollo Bay Medical Centre.

Instagram: [greatoceanroadhealth](https://www.instagram.com/greatoceanroadhealth)

If you have any queries please don't hesitate to call our communications team on 5237 8500.

Regional Victoria Restrictions

From 11:59pm, Sunday 13 September 2020, some restrictions will be eased across Regional Victoria.

- Only leave home for 4 reasons: school or work (if these can not be done from home), care or caregiving, to purchase essentials, exercise.
- Public gatherings: up to 5 people from a max. of 2 households can meet outdoors for social interaction (infants under 12 months of age are not included)
- Visitors to the home: "Single person bubble" 1 nominated visitor if living alone/single parent (all children must be under 18).
- Childcare is open to all children.
- Schools return to onsite learning from Term 4, with safety measures in place.
- Outdoor exercise and recreation allowed with no time restrictions.
- Restaurants and cafes open for takeaway and delivery only.
- Retail and hairdressers open, with density and other restrictions in place.

Please continue to wear a face mask/covering while outside your home. Visit <https://www.dhhs.vic.gov.au/coronavirus> for more information.

R U OK?

2020 has been a challenging year for everyone and circumstances have made it even more important for us all to stay connected and, for those who are able, be willing to support those around us. The R U OK? Organisation works tirelessly to help Australians know what to say when someone says they're not OK and guide them through how they can continue a conversation that could change a life.

You don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they're in crisis, which can make a really positive difference to their life.

You can learn more about R U OK? How to ask someone and where to find help by visiting their website <https://www.ruok.org.au/>.