# PLATYPUS MINI TRACKS
# Covid 19 Edition

## INSIDE: WE EXPLAIN HOW TO MAKE YOUR OWN PROTECTIVE MASK

**Hey you Mob!**
If you go outside or you're out caring for Elders, please

# WEAR A FACE MASK

VACCHO

**LET'S CONTINUE TO BE COVID 19 AWARE!**

**BADAC STAFF WILL BE WEARING MASKS FOR YOUR PROTECTION PLEASE DON'T BE OFFENDED!**

Ballarat and District Aboriginal Co-operative Ltd

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Email: reception@badac.net.au

# A Message from Karen Heap

Hello Everyone.

We continue to take this Covid 19 situation seriously and have returned to STAGE 2 of our Pandemic Plan. Unfortunately we will now be limiting the numbers of Staff working in the buildings and keeping the front Reception area closed to all Community and visitors. Access to Medical will only be through the Medical entrance doors and via Appointment.

We are suggesting all of our Staff and Community members to wear a mask when in contact with Elders or when in situations where you are unable to social distance.

There are confirmed reports of positive Covid 19 cases being found in our Ballarat Aboriginal Community, and this is extremely concerning, so as we now face the threat of this virus in our midst, we ask all of you to be EXTREMELY VIGILENT WHILE VISITING EACH OTHER, OR HAVING CONTACT WITH PEOPLE OUTSIDE YOUR HOME.

Please Stay at home if you can. We cannot afford to be taking any chances at the moment.

WE ARE ALL IN THIS TOGETHER, AND NONE OF US ARE IMMUNED FROM THIS TERRIBLE VIRUS. We will continue to send out updates on the Covid 19 situation every couple of weeks, but please contact Reception for any urgent queries you have.

KEEP SAFE EVERYONE and TAKE CARE          KAREN

## HOME AND COMMUNITY CARE SERVICES ARE STILL AVAILABLE

STAFF ARE AVAILABLE TO ASSIST WITH SHOPPING AND ALSO LAWN MOWING.
IF THERE ARE ANY OTHER ESSENTIAL SERVICES YOU NEED,
PLEASE CONTACT THE HACC TEAM OR
BADAC RECEPTION.

YES, WE ARE ALL STILL WORKING HARD AT BADAC.

Medical, SEWB, Koorie Family Services, Family Violence Program, Local and Youth Justice, Children & Youth Services and HACC. We are all only a call away, so if you need to chat, please leave a message at Reception and we will give you a call back ASAP.

Many are working from home, but we are still doing our best for our Community.

## WHAT ARE WE ALL DOING WHILE THE DOORS ARE CLOSED?

BADAC MEDICAL—We are all wearing face masks to keep everyone safe, and you will need to wear one if you enter the Clinic.

We are still open for General Medical Appointments, and all our Nurses are here to help you as always. Our Maternal Child Health Team are also available by appointment. **Please ring Medical for an appointment.**

SOCIAL & EMOTIONAL WELLBEING– Staff are still available for appointments, however are mainly working from home. Please ring for an appointment, and your Worker will contact you.

KOORIE FAMILY SERVICES– Most Staff are working from home, and the office is closed. A limited number of staff are in the building at Lydiard Street, so please contact Reception for a staff member to call you back. Case Workers are continuing to be in touch with their existing clients.

FAMILY VIOLENCE PROGRAM & JUSTICE— Limited Staff in the Office and most working from home. Staff still available when needed. Just contact Reception for a staff member to phone you back.

HOME & COMMUNITY CARE—Limited amount of staff working from the Office, but rostered on certain days. Services still available to all clients. Contact Reception for more information.

CHILDREN & YOUTH SERVICES—Staff working from home. Services very limited however staff available to return calls to kids or parents. Using Electronic Media where possible to keep programs operating.

MAINTENANCE— Team working on and off site where possible, and following strict guidelines.

# IMPORTANT NOTICE

Due to the recent increased spread of Covid 19, BADAC Chief Management have made the decision to return to STAGE 2 of our Pandemic Plan. This means more of our Staff are returning to work from home and Staff working in the buildings will be limited.

**The main door at Front Reception will now remain CLOSED to all Visitors and Community Members, with NO access being given either via the Main Door or via the Access door from The Tree Room.**

MEDICAL DOORS WILL REMAIN CLOSED, HOWEVER OPENED BY STAFF FOR THOSE ATTENDING MEDICAL APPOINTMENTS. PLEASE JUST WAIT AT THE DOOR AND SOMEONE WILL LET YOU IN.

As much as we don't want to isolate ourselves from our wonderful community, we hope you understand that we need to take precautions for the safety of our staff and our Community.

MAIN RECEPTION WILL REMAIN AVAILABLE FOR PHONE CALLS AND MESSAGES   53 315 344

## PARKING AT BADAC

### BEWARE FINES BEING ISSUED BY PARKING INSPECTORS

Just a reminder that fines are being issued to people parking out the front of BADAC now that parking fees have been reinstated to Ballarat.

There is a meter installed between the main Co-op building and Medical Clinic for you to put in your Vehicle Registration number and payment. The parking meter takes coins or card, and you can also download the parking app called Cello to manage your parking online.

The first hour is **FREE** but you must ENTER YOUR REGO number into the METER. The free hour can only be used once in Ballarat for the day.

Blue **Disability Parking Permits** allow you to park for twice as long as the parking time limit allows for free. You don't need to input your registration to the meter but the Council says it is helpful if you do.
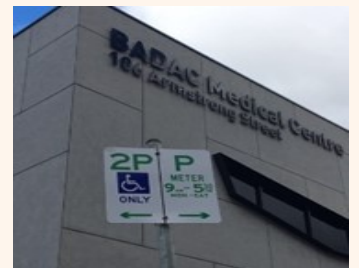
Green **Disability Parking Permits** allow the first hour free and double the time limit that you pay for. You DO NEED TO ADD YOUR REGO details to the parking meter.

**Please Remember:**

You are welcome to park in the BADAC Car Park as an attendee of the Clinic.

Drive down Hancocks Lane at the corner of the Medical Clinic to access the entry. You will need to walk around to the front door however due to Covid 19 Resrictions and access rules.
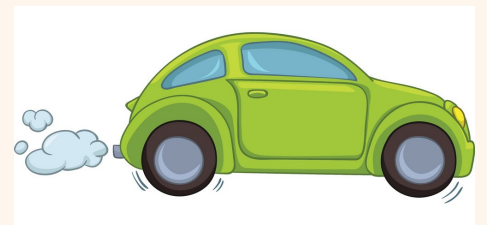
## FACEMASKS FOR SALE

SHAQ OUR AMAZING RECEPTIONIST HAS BEEN BUSY MAKING FACEMASKS THAT ARE  AT AN ACCEPTABLE STANDARD FOR PROTECTING  YOU DURING THE PANDEMIC.  THESE FACE-MASKS ARE AVAIALBE FROM FRONT RECEPTION.   **$5 EACH OR  $8 FOR ABORIGINAL PRINT**

PLEASE CALL RECEPTION IF YOU WOULD LIKE TO PURCHASE ONE OR SEVERAL!

**Face Mask Requirement**

Effective Wednesday the 22nd July 11:59pm, wearing masks will be mandatory for those in the Melbourne and Mitchell Shire area, however it is recommended that Victorians wear a face mask when leaving home if it is difficult to keep 1.5 metres apart from other people. Due to the increase of workplace transmission, Worksafe will be providing an active role in managing the virus including regular spot inspections.

Please note that it is important that if you are on site working or visiting clients, please ensure that you are wearing a mask. This is mandatory for all staff.

**Why we are making this change**

Face masks are being recommended now as a result of the higher number of coronavirus (COVID-19) cases. Wearing a face mask provides an additional physical barrier and helps to reduce community transmission.

**Why should I wear a face mask?**

Wearing a face mask helps keep you and others safe. Coronavirus (COVID-19) is spread from close contact with an infected person and can be spread when a person coughs or sneezes.The best way to protect other people against coronavirus (COVID-19) is keeping 1.5 metres apart, wash your hands often, and cough or sneeze into your elbow or tissue. Face masks add an additional protective physical barrier to protect you and your loved ones.

**When should I wear a face mask?**

You should wear a face mask at work, when visiting clients, busy areas like shopping centres or markets, traveling on public transport or in any areas where it would be difficult to keep 1.5 metres apart from other people. There are some reasons not to wear one:
• those who have a medical reason
• kids under 12 years of age
• those who have a professional reason
• it's just not practical, like when running

**What are the different types of face masks and which one should I use?**

The term 'face mask' includes cloth masks and single-use face masks (commonly called surgical masks). Both masks are suitable for use to prevent the spread of coronavirus (COVID-19). Cloth masks are any nose and mouth covering made of washable fabric. We recommend a cloth mask made of three layers of a mix of breathable fabrics to ensure adequate protection. It does not need to be surgical quality to be effective. Surgical masks are made with a non-woven melt blown polypropylene layer and available in various levels of protection. These are single use masks only so can't be washed and used again. There are other types of masks and respirators (such as P2 or N95). These are not recommended for use in the community and not advised to be used outside of healthcare or specific industries under health advice.

**Are face masks effective for protecting against coronavirus (COVID-19) transmission?**

Face masks have been recommended around the world for use by the community to reduce transmission of coronavirus (COVID-19). Your best protection is still to keep 1.5 metres apart from other people, to wash your hands thoroughly and regularly, and cough and sneeze into a tissue or your elbow.

Face masks are helpful in containing droplets when people cough, reducing the likelihood of spreading the virus. For the community, both cloth masks and surgical masks are effective in reducing the transmission of COVID-19.

**Where can I get a face mask?**

You can purchase cloth masks or surgical masks from retail outlets including chemists, hardware stores and other shops or you can follow our directions to make your own cloth mask.

**How can I make a cloth mask?** See Appendix 1.

**How do I wear a mask correctly?**

**Cloth mask**

A cloth mask should fit securely around the face, specifically covering the nose and the mouth areas. The mask should fit snugly on your face and be secured by ties at the back of your head or ear loops. If you are using a mask

with ear loops, you can use a plastic clip or tie to join the ends together at the back of your head to make sure it fits snugly on your face.

Make sure that your mask does not have holes or a valve. This can result in breathing out the virus if you have corona-virus (COVID-19).

Wash your hands for at least 20 seconds with soap and water, or use hand sanitiser that is made up of over 60% alcohol before putting it on and after taking it off. Avoid touching your eyes, nose, or mouth at all times and store used face masks in a plastic bag until you have an opportunity to wash them.

**Surgical mask (single use)**

Before putting on the mask, wash your hands for at least 20 seconds with soap and water, or use a hand sanitiser that is made up of over 60% alcohol.

Check for defects in the mask, such as tears or broken loops.

Position the coloured side of the mask outward.

If present, make sure the metallic strip is at the top of the mask and positioned against the bridge of your nose.

If the mask has:

* Ear loops: Hold the mask by both ear loops and place one loop over each ear.
* Ties: Hold the mask by the upper strings. Tie the upper strings in a secure bow near the crown of your head. Tie the bottom strings securely in a bow near the nape of your neck.
* Dual elastic bands: Pull the bottom band over your head and position it against the nape of your neck. Pull the top band over your head and position it against the crown of your head

Mould the bendable metallic upper strip to the shape of your nose by pinching and pressing down on it with your fingers.

Pull the bottom of the mask over your mouth and chin.

Be sure the mask fits snugly.

Don't touch the mask once in position.

If the mask gets soiled or damp, replace it with a new one.

**How do I know my cloth face mask is working?**

You know your mask is working to protect you if it is well fitted. If the ties are loose, tighten them to ensure a snug fit. The mask should fit snugly and cover your nose and mouth. Keep an eye on the integrity of the fabric as it may thin over time with repeated washing. If this happens, replace the mask.

**Can I wear a scarf or bandana instead?**

A scarf or bandana does not offer the same amount of protection as well-fitted face masks. This is due to the type of fabrics they are made from. Properly constructed cloth masks are made from at least three layers of materials, including a water-resistant outer layer.

**When is it safe to take my face mask off?**

You can remove it outside, once you are away from other people, or in your car on your way home. If it is a cloth mask, don't forget to bring your cloth mask inside to be cleaned. If you wait to take your cloth mask off until you have returned home, it may be easier to put it directly into the laundry.

**What's the best way to take off a face mask?**

Wash your hands for at least 20 seconds with soap and water or use alcohol-based hand sanitiser containing at least 60% alcohol.

Don't touch the front of the mask or your face.

Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.

If your mask has filters, remove them and throw them away. Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single use surgical masks should be disposed of responsibly.

**When should I wash my cloth mask?**

A cloth mask should be washed each day after use. However, if during the day your mask is visibly dirty or wet, do not continue wearing your mask; the mask needs to be washed.

Re-using a cloth mask without washing is risky because it can become contaminated or may not be as effective in protecting you.

**How do I wash my cloth mask?**

Cloth masks can be washed in the washing machine with other clothes, or hand-washed using soap and the warmest appropriate water setting for the cloth.Your cloth mask should be dry before re-using it. You can use the heat setting on your dryer or lay out flat to air dry. If possible, place the cloth mask in direct sunlight. Wash your hands after handling used face masks.

**How do I know when it is time to get a new cloth mask?**

Each cloth mask will be constructed differently, therefore there is no specific 'shelf life' of a cloth mask. However, the following are signs that your cloth mask may no longer be offering you the same level of protection it once was:

your cloth mask does not fit snugly on your face (e.g. you can feel your breath coming out of the sides of the mask)

your cloth mask keeps falling off or sliding down

there are holes in your cloth mask

you need to keep adjusting your cloth mask

the material has started to wear thin or fray.

Can I remove my face mask to talk with other people?

No, you should keep your face mask on while speaking with other people and maintain a physical distance of 1.5 metres. However, it is important to consider people who are deaf or hard of hearing – or those who care for or interact with a person who is hearing impaired – in these situations consider a clear face mask or use written communication, where possible.

Can I wear a face shield instead?

Face shields may be easier to wear for some individuals who have limited ability to wear masks. If face shields are used, ensure they are properly designed to cover the sides of the face and below the chin. Reusable face shields should be cleaned and disinfected after each use. Disposable face shields should only be worn for single use.

Do children need to wear a face mask?

No, children and people aged under 18 years are not recommended to wear a face mask but individual families can make their own decisions regarding their children. Children under two years should never wear a face mask due to choking and

**Key points:**

If you are leaving home you should wear a face mask such as a cloth mask or surgical mask if it is difficult to keep 1.5 metres apart from others.

Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).

Keeping 1.5 metres between yourself and others and washing your hands are still the best defences against coronavirus (COVID-19).

There are two types of face masks suitable for community use: cloth masks and surgical masks.

The recommendation to wear a face mask does not apply to children and people aged under 18 years, individuals with breathing difficulties, and those who have physical conditions that make it difficult to wear a face mask.

**Hey you Mob!**
If you go outside or you're out caring for Elders, please

**WEAR A FACE MASK**
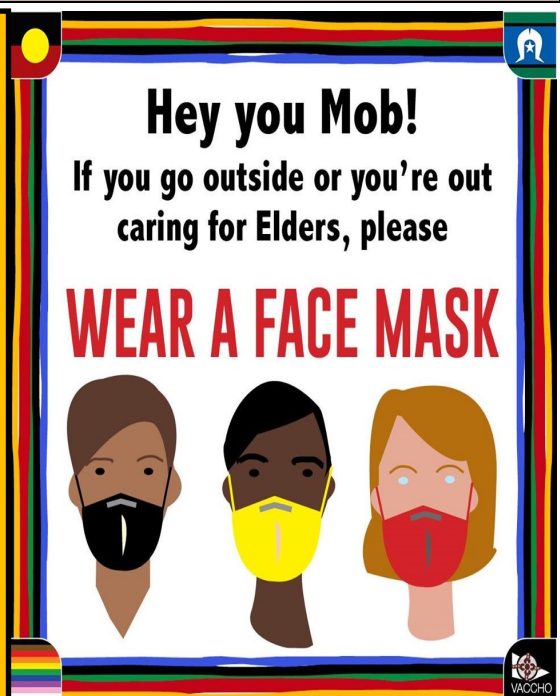
# How to make a cloth mask

Instructions for making a cloth face mask

## You will need

| Section | Quantity[1] | Material type | Example materials |
|---|---|---|---|
| Outer layer | 1 piece (25 cm x 25 cm) | Water-resistant fabric (polyester / polypropylene) | • Clothing<br>• Reusable 'green' shopping bags<br>• Exercise clothing |
| Middle layer | 1 piece (25 cm x 25 cm) | Fabric blends (cotton polyester blend / polypropylene) | A repeat layer of either:<br>• Clothing<br>• Reusable 'green' shopping bags |
| Inner layer | 1 piece (25 cm x 25 cm) | Water-absorbing fabric (cotton) | • Clothing |
| Ear loops | 2 pieces (20 cm each) | Elastic or string or cloth strips | • T-shirt<br>• Shoelaces |

## Important:

Make sure that all materials are intact and have not worn too thin or have holes in them.

Check the item's label or tag to confirm the type of material.

[1] Material dimensions are the right size for an average adult.

VICTORIA State Government

Health and Human Services

# Steps

1. Cut out the outer layer, middle layer and inner layer pieces (see above for dimensions and material to use).

   Place the outer layer on the bottom, the middle layer in the middle, and the inner layer on top.

   25 cm  25 cm

   Inner layer
   Middle layer
   Outer layer
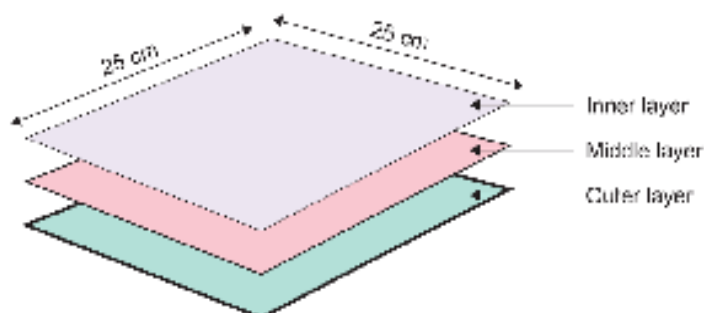
2. With the inner layer facing up, fold over 1 cm of the three pieces of material for the top and bottom edges and stitch at the borders (see red dotted lines).
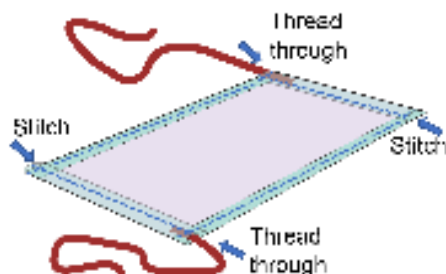
   Fold 1 cm

   Fold 1 cm

3. With the inner layer facing up, fold over 1.5 cm of material for the side edges and stitch (see red dotted lines).
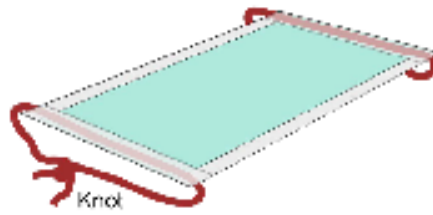
   Fold 1.5 cm     Fold 1.5 cm
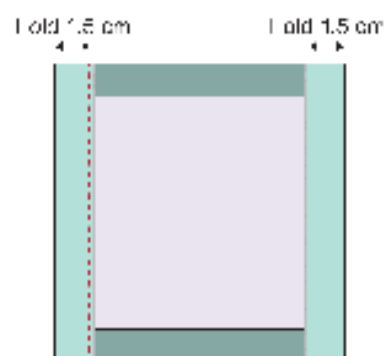
4. Thread a 20 cm piece of elastic, string or cloth strip through the wider edge on each side.

   Use a safety pin or large needle to thread it through.

   Thread through

   Stitch

   Stitch

   Thread through

How to make a cloth mask

2

5. Knot the ends tightly or stitch them together.

Knot

6. Put on the mask with the <u>outer layer</u> facing away from your face.

Adjust the mask to make sure it fits tightly over your nose and mouth.

While wearing and removing the mask, do not touch the outer layer.

Wash your hands before putting your mask on and after taking it off.
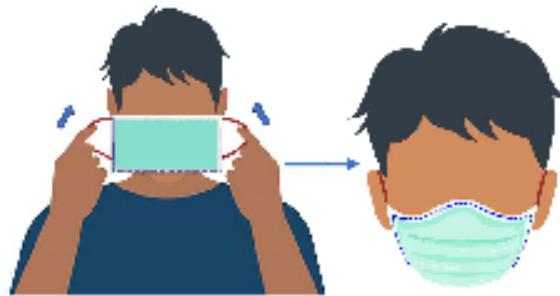
7. If you want to improve the fit of your mask you can add a nylon stocking over the mask and tie at the back of the head.

Nylon stocking layer over facemask

REMEMBER TO CONTINUE TO WASH YOUR HANDS AND SANITISE THEM REGULARLY.

IF YOU HAVE ANY SYMPTOMS AT ALL...A SORE THROAT, RUNNY NOSE OR COUGH...PLEASE GO TO A TESTING FACILITY IN BALLARAT ASAP TO GET TESTED!

BADAC SERVICES INFORMATION  (BUSINESS HOURS ONLY):

MAIN RECEPTION     5331 5344 Option # 9

MEDICAL RECEPTION (MEDICAL)       5331 5344 Option # 2

MATERNAL CHILD HEALTH—5331 5344  Option # 2

SOCIAL & EMOTIONAL WELLBEING/SEXUAL ASSAULT SUPPORT—5331 5344 Option # 2

KOORIE FAMILY SERVICES 5331 5344 Option # 9

HOME & COMMUNITY CARE  5331 5344  Option # 9

FAMILY VIOLENCE 5331 5344  Option # 9

Please let Reception know if you want to speak to someone specifically. A message will be given to staff member to phone you! back.

Triple Zero   000

Gambler's Help   1800 858 858

Lifeline   13 11 14

Kids Helpline   1800 551 800

National Debt Hotline   1800 007 007

Parentline   13 22 89

Aboriginal Legal Services    1800 064 865

Nurse-On-Call   1300 60 60 24

Maternal and Child Health Line    13 22 29
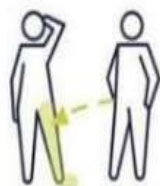
Suicide Line Victoria   1300 651 251

BHS Mental Health Services 1300 661 323

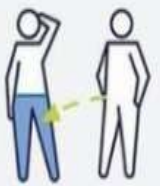## Important Numbers (After Hours)

WHY YOU SHOULD WEAR

# FACEMASKS

LET ME TRY AND MAKE IS SIMPLE FOR YOU...

THE URINE TEST

IF WE ALL RUN AROUND NAKED AND SOMEONE PEES ON YOU, YOU GET WET RIGHT AWAY

IF YOU ARE WEARING PANTS, SOME PEE WILL GET THROUGH - BUT NOT AS MUCH, SO YOU ARE BETTER PROTECTED

IF THE GUY WHO PEES ALSO IS WEARING PANTS, THE PEE STAYS WITH HIM AND YOU DO NOT GET WET.

GOT YA FLU SHOT YET?

*FACEBOOK GROUPS TO CHECK OUT:*
KOORIE KIDS PARENTING

KOORIE YOUTH BALLARAT

BALLARAT & DISTRICT ABORIGINAL COOPERATIVE

**Badac Media Youtube Channel**

CHECK OUT THE CREATIVITY OF YOUR YOUNG COMMUNITY MEMBERS DOING DURING COVID 19.

YouTube