

Managing self-isolation (staying at home)?

- Structure your days. Having some type of routine can create a sense of normality and reduce feelings of stress, worry and boredom
- Engage in hobbies. Read, write, sing, exercise in the backyard, play a board game, listen to music, garden, knit, cook, or pick up a new skill you have always wanted to learn
- Keep social contact while keeping your distance. Call or FaceTime friends or family
- Practice self-care. Eat nutritious food, move your body, and do activities that make you smile. Sign up to our eatmovesmile blog at <https://eatmovesmile.shdh.org.au/> for tips and recipes
- Follow Swan Hill District Health Facebook to keep up to date with our services <https://www.facebook.com/SwanHillDistrictHealth/>

Reduce your risk of illness by

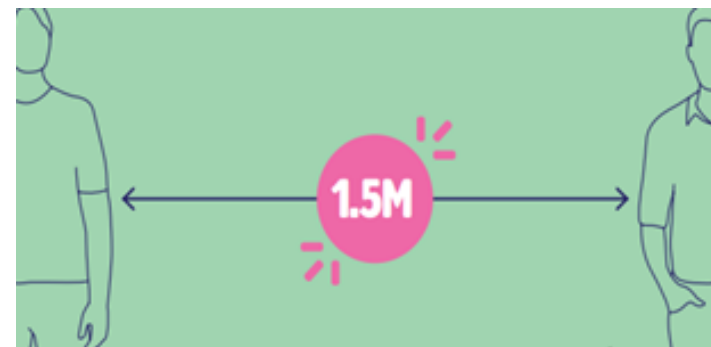
- covering your coughs and sneezes with a tissue or your elbow
- disposing of tissues immediately, into a waste bin and washing your hands
- washing your hands often with soap and water for at least 20 seconds
- avoiding touching your face, nose and mouth
- avoiding handshaking and limiting physical contact with other

FOR MORE INFORMATION CONTACT:

Department | Swan Hill District Health

Address: Splatt Street, Swan Hill **Phone:** (03) 5033 9300

www.shdh.org.au



Local services and supports



This information outlines local services and supports. The Australian Government provides updated information and fact sheets on coronavirus at www.health.gov.au

Do you have any symptoms?

The symptoms of COVID-19 are similar to colds and flus and can include:

Fever, Sore throat, Shortness of breath, Fatigue, Cough

What do I do if I develop symptoms?

If you are sick, avoid contact with others. If you start to feel unwell:

- phone the Victorian Department of Health and Human Services (DHHS) Coronavirus Helpline on 1800 675 398
- Fever Clinic at Swan Hill District Health, 28 High St, Swan Hill
for booking details go to:
<https://www.hotdoc.com.au/medical-centres/swan-hill-VIC-3585/swan-hill-respiratory-clinic/doctors>

If you are unwell with other conditions, call your doctor to make an appointment. For urgent care, attend SHDH emergency or call 000.

Do you need assistance while staying home?

Emergency Food Relief

Salvation Army Phone: 5033 1718, Mon, Tues, Thurs, Fri
9.00am-12.00pm

St Vincent de Paul Phone: 5032 4508, Wed, Thur, Fri
1.30pm-3.30pm (phone consultations only)



Meal Delivery

Swan Hill Rural City Council Phone: 5036 4700, Meals on Wheels,
(Cost \$11-\$12/meal), conditions apply* and will be advised when you call.

Meal delivery options— Facebook - Swan Hill Region Information Centre, see
Swan Hill Daily takeaway venue update.

Home Services

Swan Hill Rural City Council Phone: 5036 4700, domestic assistance,
personal care, respite care & property maintenance, conditions apply*

Mental wellbeing and welfare support

If you feeling anxious or stressed or in need of a little help or guidance
please reach out for assistance to our local services:

Swan Hill District Health - Counselling Department Phone: 5033 9880

headspace Swan Hill (for ages 12-25 years) Phone: 4010 7100

Telehealth available headspace.org.au

Mallee Family Care financial counselling, family service Phone: 5032 4479

Anglicare Victoria family services, gamblers help Phone: 5036 3200

Mallee Domestic Violence- Swan Hill Phone: 5033 1899

orangedoor.vic.gov.au Phone: 1800 290 943

Safe steps- 24 hour family violence response Phone: 1800 015 188

Beyond Blue beyondblue.org.au Phone: 1300 224 636

Direct Line alcohol and drug counselling Phone: 1800 888 236

Lifeline lifeline.org.au Phone: 13 11 14

Suicide Helpline Phone: 1300 659 467

Parentline Victoria kidshelpline.com.au Phone: 13 22 89

Family Drug Support fds.org.au Phone: 1300 368 186

Family Drug and Gambling Help sharc.org.au Phone: 1300 660 068

Drug Info adf.org.au Phone: 1300 858 584

Sexual Assault Crisis Line Phone: 1800 806 292

Are you feeling lonely and would like someone to visit or call?

Swan Hill District Health— Adult Day Service
Phone: 5033 9359

Providing individual home visits, phone contact and social
support activities to those eligible, under the Community
Home Support Program.

