Monday 24 January 2022

COVID-19 UPDATE – Monday 24 January 2022

There are currently 33 COVID-19 patients in MLHD who are being cared for in hospital. Four of these patients are in ICU, two patients are ventilated.

Sadly, we also report the death of a man in his 80's in Wagga Wagga Base Hospital. We express our sincere condolences to his loved ones.

The Murrumbidgee Local Health District has 4,773 active cases of COVID-19 across the District bringing the total number of cases since 1 July 2021 to 13,333.

Active case numbers by Local Government Area or Postcode are available on the Service NSW website www.nsw.gov.au/covid-19/stay-safe/data-and-statistics

Testing advice
To ease pressure on testing clinics, NSW Health has recently updated testing guidelines to advise that most people can use a rapid antigen test to confirm they are positive for COVID-19. Register your positive RAT on your Service NSW App, the Service NSW website, or by phone 13 77 88.

If someone has tested positive to a rapid antigen test (RAT) they generally **do not** need a PCR test to confirm the result.

People only need to do a PCR test if:
- they have been asked to have a PCR test by a health care provider
- they have COVID-19 symptoms, but have tested negative on a rapid antigen test AND are at higher risk of severe disease including those who are pregnant, immunosuppressed, Aboriginal and Torres Strait Islander, Pacific Islander, or unvaccinated
- they have symptoms and can't get a rapid antigen test

For testing locations across the District go to www.mlhd.health.nsw.gov.au, or for help accessing a test call the Murrumbidgee COVID-19 Hotline 1800 831 099.

Advice for people with COVID
If you have tested positive for COVID-19 on a rapid antigen or PCR test you must:

- Self-isolate at home for 7 days from the date you got tested, even if you are fully vaccinated
- Tell the people you live with, any social contacts, and your workplace or school that you have tested positive

You can only leave self-isolation after 7 days if you do not have a sore throat, runny nose, cough or shortness of breath. You do not need to have a negative test to exit isolation.

Your household contacts must also self-isolate for 7 days and have a rapid antigen test as soon as possible and again on day 6.

If you are under 65 years of age, have had two doses of COVID-19 vaccine, do not suffer from any chronic health conditions and are not pregnant, you can safely manage COVID-19 at home.

If you are over 65, pregnant, or have a chronic condition that requires regular hospital visits or specialist follow-up and are feeling unwell please call your GP or the NSW Health COVID-19 Care at Home Support Line on 1800 960 933 so you can be linked with appropriate care.

If you develop severe symptoms (particularly severe headaches or dizziness, difficulty breathing, chest pressure or pain), call Triple Zero (000) straight away and tell the ambulance staff that you have been diagnosed with COVID-19.

More info: https://www.health.nsw.gov.au/.../advice-for-confirmed.aspx

Vaccination

COVID-19 vaccinations are also available at more than 100 locations across the region including GP's, Pharmacies, Aboriginal Medical Services and MLHD clinics. We encourage everyone who is eligible to book into a NSW Health vaccination clinic or another provider without delay through the COVID-19 vaccine clinic finder.

Vaccination for 5-11 year olds is available at NSW Health vaccination clinics and participating GPs and pharmacies.

Booster doses of COVID-19 vaccine are now available for people aged 18 and over who had their second dose at least 3 months ago.

We urge people to get their booster dose as soon as they are eligible, to best protect themselves, their loved ones and the community from the ongoing transmission of COVID-19.

We also strongly recommend that people aged 12 years and over who are severely immunocompromised have a third primary dose of vaccine from two months after their second dose.

Stay safe and limit the spread

As case numbers grow across the region, MLHD strongly encourages people to take every reasonable precaution to protect themselves and their families and reduce the risk against the virus.

Wear a mask indoors and remember to wash and sanitise your hands regularly. If you are unwell do not go out and visit family, friends or go to social events. Socialise outdoors where possible.

Symptoms of COVID-19 include fever, sore or scratchy throat, cough, runny nose, shortness of breath and a change in taste or smell. Other reported symptoms include fatigue, muscle or joint pain, blocked nose, headache, nausea, diarrhoea and loss of appetite.

Be alert for any COVID-19 symptoms, even if they are only mild, and even if you are fully vaccinated. Even if you have one mild symptom of COVID-19, isolate until you can get a test.

Murrumbidgee COVID-19 Data Summary

Case Information (as at 8pm 23 January)	
Total cases in past 24 hours	535
Total number of active cases	4,773
Total cases since 1 July 2021	13,333
Total deaths since 1 July 2021	22
Vaccination information (as at 16 January)	
Vaccination rates: 16 years and over (1st dose)	>95%
Vaccination rates: 16 years and over (2nd dose)	>95%
Vaccination rates: 12-15 years (1st dose)	91%
Vaccination rates: 12-15 years (2nd dose)	84.7%

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