

Monday 10 January 2022

COVID-19 UPDATE – Monday 10 January 2022

There are currently 23 COVID-19 patients in MLHD who are being cared for in hospital. Four of these patients are in ICU, two of whom are ventilated.

Sadly, we also report the death of a man in his 70's at Wagga Wagga Base Hospital. We express our sincere condolences to his loved ones.

The Murrumbidgee Local Health District has 4,175 active cases of COVID-19 across the District bringing the total number of cases since 1 July 2021 to 5,712.

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

Advice for people with COVID-19

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>

Testing

To protect our community, NSW Health is prioritising PCR testing that is clinically urgent. This includes:

- Hospital patients
- Healthcare workers
- Household contacts of confirmed COVID-19 cases
- People with symptoms of COVID-19 or who have had a positive RAT test
- People who have been asked by NSW Health to get tested
- Emerging priorities such as aged care residents & staff

Testing for travel is not advised at Murrumbidgee Local Health District Clinics.

Rapid antigen tests do not need to be confirmed with a PCR test unless you are pregnant, Aboriginal and Torres Strait Islander, work in high risk setting, have an underlying health condition or have been asked to do so by a registered medical practitioner. If you have any questions or are unsure if you meet this criteria call the NSW Health COVID-19 Care at Home Support Line on 1800 960 933.

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.

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 will be available from today at NSW Health vaccination clinics and participating GPs and pharmacies.

In MLHD 97.1 of people over 16 and 81.4 per cent of people aged 12-15 have received 2 doses of a COVID-19 vaccine.

Booster doses of COVID-19 vaccine are now available for people aged 18 and over who had their second dose at least 4 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.

Murrumbidgee COVID-19 Data Summary

Case Information (as at 10 January)	
Total cases in past 24 hours	500
Total cases in the past 7 days	3,468
Total number of active cases	4,175
Total cases since 1 July 2021	5,712
Total deaths since 1 July 2021	17
Vaccination information (as at 19 December)	
Vaccination rates: 16 years and over (1st dose)	98.6%
Vaccination rates: 16 years and over (2nd dose)	97.1%
Vaccination rates: 12-15 years (1st dose)	86.9%
Vaccination rates: 12-15 years (2nd dose)	81.4%

ENDS