

Breaking news!

COVID-19 updates

1. The total number of coronavirus (COVID-19) cases in Victoria is 1228 – an increase of 16 from yesterday.
2. There were no new deaths overnight. The number of people who have died in Victoria from coronavirus is 12.
3. The total number of cases includes 642 men and 585 women. Cases range in age from babies to their early nineties.
4. There are 110 confirmed cases of COVID-19 in Victoria that may have been acquired through community transmission. More than 62,000 tests have been conducted to date.
5. Currently 50 people are in hospital – including 13 patients in intensive care – and 806 people have recovered.
6. Victoria's Chief Health Officer Professor Brett Sutton today urged Victorians to stay vigilant , maintain physical distancing, this would save lives and protect the health system.
7. There are only four reasons for Victorians to leave their home: food and supplies, medical care and care giving, exercise, and work or education.
8. Police have strong powers to enforce these directions and can issue on the spot fines, including up to \$1652 for individuals and up to \$9913 for businesses.

Stress management tips

It can feel stressful and overwhelming during an event like the outbreak of COVID-19. You might feel confused and frustrated about this fast-changing situation and not knowing what information to trust. You might also feel anxious about how this might affect you and your loved ones. While physical distancing help stops the virus from spreading, being social disconnected might make you feel sad.

These reactions are very common and it's important to find the right level or type of support for you. The following tips may support you maintain healthy mentally during this time.

1. Take breaks from watching, reading, or listening to news stories, including social media.
2. Do things that make you feel safe and connected, eg. video calling friends, writing greeting cards to family.
3. Engage in activities that promote a sense of calm and feeling grounded, eg colouring, doing puzzle, playing online and cooking.
4. Stay away from alcohol and drugs.
5. Talk with a trusted adult, such as a parent, teacher, school counsellor.
6. Some never-fail tips, which are to eat well, stay active and get enough sleep.

Other agencies that can help

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

National 24/7 crisis services

Lifeline: 13 11 14 or lifeline.org.au

Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au

beyondblue: 1300 224 636 or beyondblue.org.au

Additional youth support services

Kids Helpline: 1800 55 1800 or kidshelpline.com.au

ReachOut: reachout.com.au

SANE Australia: 1800 187 263 or sane.org

We stay at work for you, you stay at home for us. We will keep you posted for the updates from Victorian Government and CCSSCI. Stay safe and healthy! Happy Easter!

