

Home isolating? You're not alone.

If you or someone in your house is self-isolating you might need some help to continue to do this.

At Grampians Community Health **we have set up a local Home Isolation Support Service.** This service is available to support you in what you need in your day to day life to stay safe and well.

Please phone Grampians Community Health on 5358 7400

How to get this service?

Contacting the Home Isolation Support Service is through telephone and email only.

Call: Grampians Community Health on **5358 7400**, or

Email: home.isolation@gch.org.au

Availability: From Monday to Friday, from 9am to 5pm.

For more information



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Get reliable and current information from the Department of Health Australia

www.health.org.au | www.dhhs.vic.gov.au

Hotline 1800 675 398

About **home isolation** and **COVID-19** go directly to reliable sources

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-isolation-guidance>

Victorian State Government Information with Department of Health and Human Services **Daily Update**

<https://www.dhhs.vic.gov.au/coronavirus>

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