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# Coronavirus (COVID-19) daily update

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This Chief Health Officer update is intended to provide clinicians and the Victorian public with information about the number of confirmed cases of coronavirus (COVID-19) in Victoria as well as relevant public health response activities in Victoria. Chief Health Officer Alerts will continue to be issued when there are changes to the public health advice related to coronavirus (COVID-19).

**21/07/2020**

## What's new?

- As of 21 July 2020, the total number of coronavirus (COVID-19) cases in Victoria is 6,289 with 374 new cases since yesterday's report.
- The overall total has increased by 347, with 27 cases reclassified, largely due to duplication. Of the new cases, 62 are linked to outbreaks or complex cases and 312 are under investigation.
- There are 1,074 cases with an unknown source, an increase of 14 since yesterday's report.
- 174 people are in hospital, including 36 patients in intensive care. There were three new deaths reported since yesterday. To date, 42 people have died from coronavirus (COVID-19) in Victoria.
- There are 3,147 cases currently active in Victoria. 3,078 people have recovered.
- Of the total cases, 5,763 cases are from metropolitan Melbourne and 382 are from regional Victoria.
- More than 1,361,200 test results have been received by the department since 1 January 2020.
- Further details can be found in today's [coronavirus \(COVID-19\) media release](#).
- Up-to-date [epidemiological data is available on our website](#).

## Stay at Home directions

- The State of Emergency has been extended until 11:59pm on 16 August 2020, allowing for the enforcement of the Stay at Home (Restricted Areas) Direction and other vital public health directions from the Chief Health Officer.
- Stay at Home (Restricted Areas) Directions are in force across metropolitan Melbourne and Mitchell Shire.
- People who live in these areas are only allowed to go out for four reasons: shopping for food and supplies, health care and caregiving, outdoor exercise, and study or work – if unable to work or study from home.
- From 11:59pm on Wednesday 22 July 2020, people who live in metropolitan Melbourne and Mitchell Shire will be required to wear a face covering when leaving home, unless a lawful exception applies. A face covering can be either a face mask or a cloth mask and needs to cover both the nose and mouth. [More information on face coverings](#) is available on our website.

## Current advice to clinicians

- Practitioners should test any patients who meet the clinical criteria below

Fever OR chills in the absence of an alternative diagnosis that explains the clinical presentation\*

OR

Acute respiratory infection (e.g. cough, sore throat, shortness of breath, runny nose, anosmia or loss of smell or loss of taste)

**Note:** In addition, testing is recommended for people with new onset of other clinical symptoms consistent with coronavirus (COVID-19)\*\* AND who are close contacts of a confirmed case of coronavirus (COVID-19); who have returned from overseas in the past 14 days; or who are healthcare or aged care workers.

*\*Clinical discretion applies including consideration of the potential for co-infection (e.g. concurrent infection with SARS-CoV-2 and influenza)*

*\*\*headache, myalgia, stuffy nose, nausea, vomiting, diarrhoea*

- If referring your patients for coronavirus (COVID-19) testing, a list of testing locations can be found on the [getting tested for coronavirus page](#).
- Any coronavirus (COVID-19) test reported by a laboratory as having detected SARS-CoV-2 on PCR will be treated as positive for the purposes of public health actions, regardless of repeat testing of the sample. It is not appropriate to advise a patient that a test is a false positive.
- If you're the doctor of a confirmed case, check in regularly on your patient – if your patient's clinical condition deteriorates, consider tertiary referral as your next step.
- An update to the [Case and Contact Management Guidelines](#) (v23 10 July 2020) has been made and relates to the assessment of close contact in healthcare workers who wear masks.

# Key messages for the community

- If you feel unwell with any symptoms of coronavirus (COVID-19), however mild, you should stay home and get tested. If you have any fever, chills, cough, sore throat, shortness of breath, runny nose, and loss of sense of smell or taste – get tested and stay home until you get the result - don't go in to work and don't visit friends and family. [Go to the DHHS testing map for locations.](#)
- **Face coverings in Melbourne and Mitchell Shire** - People living in Melbourne and Mitchell Shire are required to wear a face covering from 11:59pm on Wednesday 22 July when leaving their home, unless a lawful exception applies. The fine for not wearing a face covering will be \$200.
- **Face coverings in regional Victoria** - Face coverings in regional Victoria continue to be recommended in situations where maintaining 1.5 metres distance is not possible – however regional Victorians will have to wear a mask when visiting metropolitan Melbourne or Mitchell Shire for one of the permitted reasons.
- Face coverings can reduce the risk of transmission but are not a substitute for physical distancing and practising good hygiene.
- The digital mental health platform for young people called MOST – Moderated Online Social Therapy – is an online tool which allows young people to access tailored online therapy and peer support. It is now available for clients of Orygen in the North and West of Melbourne – a state-wide roll out will continue progressively throughout the year.
- Smiling Mind will also produce resources for senior secondary students to support their mental health and wellbeing. Students can access counselling via a voice call or video conference through the headspace counselling partnership or via their school-based mental health practitioner.
- This is an anxious and uncertain time for everyone, and support is vital and available. For more information about managing stress and support options, call the Coronavirus Mental Wellbeing Support Services on 1800 512 348 or visit [coronavirus.vic.gov.au](https://coronavirus.vic.gov.au).

## More information

### Clinical information

[Latest coronavirus \(COVID-19\) information for Victorian health services and general practice](#)

### Consumer information

[Translated resources in over 50 languages](#)

[Victoria's current restrictions](#)

[Latest coronavirus information from the World Health Organization](#)

[Latest travel advice from Smartraveller](#)

## Contacts

Medical practitioners needing clinical information or to notify confirmed cases can contact the

Department of Health and Human Services Communicable Diseases Section on 1300 651 160 (24 hours).

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## Contact

Address: 50 Lonsdale Street  
Melbourne, Victoria, Australia  
3000

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The department acknowledges Aboriginal and Torres Strait Islander people as the Traditional Custodians of the land and acknowledges and pays respect to their Elders, past and present.

The department is committed to safe and inclusive work places, policies and services for people of LGBTIQ communities and their families.



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