

## Free Healthy Lifestyle Webinars

In these unprecedented times it is important to consider your and your loved ones' health and wellbeing. As we can't hold community group programs nor presentations for an undetermined period of time we would like to invite you to participate in some free healthy lifestyle webinars. Please see the advertisement in this paper for some more information. If you are interested in participating (or if you would like to present a webinar in your area of expertise) please contact Karen Innes-Walker, Health and Wellbeing Coordinator on mobile, 53969 or by email, karen.walker@hospital.gov.nf.

## GP Clinic

Our General Practice is still open for business and our emergency department is still running as usual. Although we have no confirmed cases on Norfolk, Medicare is providing us funding to have telephone consultations with patients who are at increased risk of COVID-19 infection.

These people include:

People diagnosed with COVID-19,

- those in home quarantine due to recent travel
- anyone over the age of 70
- anyone who takes regular medicines for a chronic disease such as blood pressure, asthma, diabetes, heart disease
- anyone pregnant or caring for a child under 12 months
- anyone with immunocompromised
- anyone who has symptoms suggestive of COVID infection such as fever, cough, sore throat, difficulty breathing and fatigue

If you are unsure if you fit these criteria or would like to book an appointment please phone our reception on 24134.

Please continue to help us limit the impact of coronavirus on our small community by taking advantage of our telehealth service. Stay well everyone.

## Hours of Operation

Monday- Friday        8.30am – 5pm

Saturday & Sunday    Closed

*Please note the clinic is closed for lunch from 12.30 – 1.30pm.*

*Please call 24134 for appointments only during opening hours.*

If you require medical assistance outside business hours please phone the hospital on 22091. In cases of emergency please dial 000.

**All patient information is treated as confidential.**