

International Nurses Day – 12 May

Norfolk Island Health and Residential Aged Care Service (NIHRACS) would like to say a big thank you to all the nurses on International Nurses Day. Your hard work and dedication makes a difference to so many people's lives each day.

International Nurses Day is celebrated around the world each year, on the anniversary of Florence Nightingale's birth, 12th May. The day celebrates the contributions nurses make to society and is a great opportunity to acknowledge the commitment that nurses provide on a daily basis.

Thank You

A big thank you to community members who have endorsed our key messages of practicing good hygiene, social distancing and staying at home if you can. These measures play a major role in limiting the impact that coronavirus could have on our small community and keeping our vulnerable community members safe.

Due to the current restrictions due to the risk of COVID-19 the main entry to NIHRACS is currently locked however the General Practice clinic is still open for business for all your health care needs and our emergency department is still operating. To decrease the risk of COVID-19 our processes have changed and Medicare is providing funding for telephone consultations where our Doctors can provide their services without you having to present to NIHRACS. If the assessing Doctor decides you need further medical intervention they will inform you on what to do next. To book appointments please phone our reception on 24134. Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

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.

Please note that Dr Jenny Sexton is now consulting on Tuesday and Thursday mornings.

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

Flu Vaccinations

We are anticipating that the flu vaccinations will arrive in the coming weeks. Unfortunately we have not been provided with an exact date. Please stay tuned, we will be taking bookings shortly.

NOTE: If you are under the age of 65 years or do not have a chronic disease, flu vaccines will be available at a cost of \$20.00.

Child Health Clinic

Child Health Clinic will now be run from the GP Clinic every Thursday, 8:30am to 4pm by Janine. This clinic is for 0 – 5 year olds and includes: Developmental Assessment, Baby Growth Checks, Emotional and Social Development, Breastfeeding Support, Settling/Sleep Support and Introducing solids.

All patient information is treated as confidential.

Advice for family and friends visiting our residents in Aged Care

COVID-19 is a major health risk for older people. The current visiting restrictions are there to protect our residents. Please note the following:

Please do not visit the Aged Care facility (Dar Randa) if you have:

- Returned from overseas in the last 14 days
- Been in contact with a confirmed case of COVID-19 in the last 14 days
- Have a fever or symptoms of a respiratory infection such as a cough, sore throat or shortness of breath

If you wish to visit Dar Randa you will be asked questions related to the above as we are required to ask them of everyone entering the facility, including staff.

Other important notes for visitors of Dar Randa:

- Only one visitor for each Resident is allowed
- Visits should be kept short
- Visits are to be held in the Resident's room, outdoors or in an area advised by staff
- From May 1 2020 all visitors must have had their influenza vaccination
- No group social activities, school or early childhood visits nor entertainment are allowed at present

You are most welcome to call your family member or friend or send a card or letter.

Many thanks for your understanding.

Dental Clinic Update

COVID-19 has very quickly created a new normal, disrupting day-to-day life as we have come to know it. While the implications of the pandemic for the community of Norfolk Island changes on a regular basis, your dental health continues to be important.

Limited dental services resumed on Tuesday 28 April in line with the Dental Association of Australia guidelines. Each patient's care and treatment plan will be determined on a case by case basis and the dentistry team will communicate this with you.

It's impossible to say when things will return to normal and when you will be able to visit the dentist for your usual check-up. However, for the time being please remember to:

- Brush your teeth and gums 2 times daily using a soft brush
- Eat healthy snacks
- Don't have too many sweet foods and drinks
- Use of mouth wash daily or simply rinse/gargle with salt water
- Floss daily

(As per Australian Dental Association guidelines)

Due to new protocols following Covid-19, we have asked if members of the public could please call the dental clinic on 22910 to have a discussion about your dental situation before making an appointment and arriving unannounced at the surgery.

Physio Service Update

NIHRACS Physiotherapy service has reopened, however we still encourage people who are medically vulnerable to seek telehealth appointments as an alternative.

Health and Wellbeing Messaging Weekly Update

A promotional poster for a competition. The background features a globe with a sunset or sunrise over the horizon. The word 'COMPETITION' is written in large, white, sans-serif capital letters at the top. Below it, the text reads: 'Using our key messages, we invite you to create Norfolk messages >> with photos, videos, artwork, poetry, short stories... Prizes for best family and individual entry'. At the bottom, there are two phrases: 'Norfolk... te-gadda we ell' on the left and 'Norfolk... together we can' on the right, separated by a small blue icon of a person. Below the left phrase is the text 'Beryl Nobbs Palmer - A Dictionary of Norfolk Words & Usages'.

We invite you to share your own interpretation of the key messages in a positive way, eg comments, photos, videos (max 30 seconds long), artwork, poetry, short story. Prizes will be awarded for best family and individual entry.

A reminder of the key messages:

- Social distancing
- Stop any Spread – hygiene
- Look after yourself and others
- Know the symptoms

Some ideas could include Norfolk pine hugging, social distancing friendly greetings, jingles promoting one of the messages.

COVID-19 Identifying the Symptoms

It is important to be aware of the symptoms of COVID-19 and know the differences to the Common Cold and The Flu. See the poster for more information.

Some people with COVID-19 can appear well and may be unaware they have the virus, so it is important to adopt the key messages in your daily life even if you are with people who are not actively coughing or sneezing.

If you are experiencing any of these possible COVID-19 symptoms please isolate yourself and call the GP Clinic on 24134 and advice will be given to you about testing and next steps. If you are very unwell particularly with shortness of breath you should either call the GP clinic or hospital immediately on 22091 or call an ambulance on 000.

Social Cuban Salsa Dance Classes are back – social distancing friendly

Dani will be providing a modified dance program for people of all ages and abilities. All dances will be solo, no contact, but guaranteed to be lots of fun as well as great physical activity. No experience necessary and no partner required. As we will be outside please wear comfy shoes and bring your water bottle. Note change in day, time and venue.

When: Saturdays, starting 9 May, 4pm – 5pm

Where: Kingston Compound

Cost: \$5 each

Why not join the Norfolk Island Salsa Dancing Facebook Group for updates and cancellation notices if the weather turns bad.

Superhero Foods Super Fun Activity Book

Are you looking for fun, engaging activities for kids to do at home that also teaches them about healthy eating?

The WA Government has invested in a great program called Superhero Foods that uses lots of fun activities to connect kids with healthy eating. They have lots of great resources for all ages. Have a look at their website for more information: <https://www.superherofoodshq.org.au/>

Their latest resource is the Superhero Foods Activity book which is a 20 page book packed full of fun, including colouring in, word games and activities for kids of all ages! It can be downloaded for a minimal cost.

The Superhero Foods Super Fun Activity Book is designed to be used in many ways: print off and share individual colouring in or activity pages amongst your friends or family; use the two-page healthy eating quiz to test your knowledge; or give each child their own whole activity book to work through at their own pace!