

General Practice Clinic Update

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.

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

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.

Flu Vaccines for the Over 65yr have arrived!!!

In light of the current health climate, NIHRACS will be conducting a social distancing 'drive-in' flu clinic on Friday 29 May at the grassed area in front of the netball court at Rawson Hall. **Bookings are essential.**

We are anticipating that the private 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.

Conditions of drive through vaccination clinic:

1. Bookings are essential
2. Patients at ALL times must remain in their vehicle (cars only, no motorbikes or mobility scooters)
3. Every car must have a support person
4. Vehicles MUST be turned off when pulling up to the vaccination station.
5. Patients MUST wear clothing where their upper arm is exposed to allow for the vaccination to be given.
6. Patients MUST at all times obey Traffic Control Management instructions.
7. Patients are asked to remain calm and courteous at all times.

We are conducting these via appointments only please phone the GP Clinic on 22091 to book your appointment.

Please wait until we are open (8:30am) on Monday to make your booking.



The National Diabetes Services Scheme (NDSS)

NDSS is an initiative of the Australian Government and is administered by Diabetes Australia. It provides diabetes health information and resources as well as subsidised products. NIHRACS has been working with Burnt Pine Pharmacy and Diabetes Australia to enable our local pharmacy to become an Access Point for the NDSS. Hopefully by mid next week Burnt Pine Pharmacy will be up and running as our local Access Point. If you live with diabetes and are on insulin and/or have been advised by your health professional to test your blood glucose levels then you should be registered with NDSS. It is free and you will need to be registered in order to access the scheme. Now is the time to get registered before the service becomes available next week.

If you are not currently registered you can make an appointment with the Chronic Disease Nurse at the GP Clinic who will assist you with getting registered. For more information on NDSS contact Karen Innes-Walker on 22687 or karen.walker@hospital.gov.nf or visit the NDSS website <https://www.ndss.com.au/>

Dental Clinic Update

The Dental Clinic is now open to the community incorporating Australian Dental Association guidelines.

Everyone entering the clinic will be screened for body temperature and asked questions in line with COVID-19 guidelines.

Please call the clinic on 22910 to make an appointment rather than just arriving.

Please remember to arrive 10 minutes before your appointment to allow time for screening etc.

Health and Wellbeing Messaging Weekly Update

A reminder of the key COVID-19 prevention messages:

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

Preventative measures against COVID-19

When social distancing is combined with good hygiene practices*, the spread of viruses through the community could be slowed. This has been shown in countries who have adopted these measures. This helps protect the most vulnerable members of our community and reduces the impact of the pandemic on essential health services. So we need be setting an example for others for everyone's good.

*Personal hygiene in this context means:

- washing hands with soap and water for 20 seconds or using hand sanitiser at regular intervals throughout the day particularly before and after eating, and after going to the toilet
- covering coughs and sneezes with your elbow or a tissue
- placing used tissues straight into the bin
- avoiding touching one's eyes, nose and mouth
- not sharing food or drink
- not shaking other people's hands, hugging etc

Other examples of public health measures that can be taken are to:

- close all communal water fountains/bubblers
- stop self-serve buffets at restaurants, picnics, community group meetings etc

Mental Health and Wellbeing Supports available

If you or anyone you care about are feeling anxious, talk to a trusted friend or family member, contact the NI Mental Health Awareness Group or seek professional help.

Refer to the Mental Health and Wellbeing Directory for on-island and other supports available in response to COVID19 Pandemic available on the NIHRACS website <https://norfolkislandhealth.gov.nf/> under the Health and Wellbeing tab.

Another really useful website that provides information and tools to help you cope with COVID-19 is This Way Up <https://thiswayup.org.au/>. This site has been put together by an experienced team of Psychiatrists and Psychologists to provide online courses that have been clinically proven to help. They can be done independently or with the support of your mental health professional. It is recommended that you discuss your interest in participating in these programs with your mental health professional if you are currently receiving professional support. They are offering FREE access to all their courses during the COVID-19 crisis. Check out their Youtube video at <https://www.youtube.com/watch?v=nOdN-iREYU8>.

Social Cuban Salsa Dance Classes on this Saturday

All are welcome every Saturday. Details below:.

When: Saturdays, 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.

Norfolk Island Active Kids Program – Reminder to use your voucher

NI Active Kids is a program designed to encourage and support school aged children living on Norfolk Island to be physically active.

All children currently enrolled at the Norfolk Island Central School are eligible to apply for a \$100 NI Active Kids Voucher. This \$100 voucher can be used for their choice of one sport or other activity provided by registered local providers on Norfolk Island within a 12 month period.

Current vouchers expiration date has been extended but will expire on 30 June 2020 (must be given to your registered sport or activity provider by then). Providers must be registered with NI Active Kids in order for the voucher to be used. Can Providers please lodge any outstanding invoices prior to June 30. Contact Karen Innes-Walker on karen.walker@hospital.gov.nf for more details.

