

World No Tobacco Day 31 May 2020

Every year the World Health Organisation claims 31 May as World No Tobacco Day. This year their key messages include:

- Tobacco products kill more than 8 million people every year. Tobacco and related industries must continuously find new consumers to replace the ones that their products are killing to maintain revenue
- Tobacco companies spent over 9 billion in marketing and advertising and the world lost 8 million lives from causes related to tobacco use and exposure to second-hand smoke
- Tobacco use is responsible for 25% of all cancer deaths globally. Use of nicotine and tobacco products increases the risk of cancer, cardiovascular and pulmonary disease
- Over 1 million people die from second-hand smoke exposure every year
- Children and adolescents who use e-cigarettes at least double their chance of smoking cigarettes later in life.

The Cancer Council has a positive poster about the benefits of stopping smoking:

Did you know that when you stop smoking you are more likely to:

 <p>Feel less anxious and depressed</p>	 <p>Require less medication (under a doctor's supervision)</p>
 <p>Have more cash in your pocket</p>	 <p>Feel less stressed and have a positive outlook</p>

Stopping smoking can benefit your mental health recovery.

Our Smoking Cessation Clinic, as outlined below, is back in action, so help is available if you wish to reduce or quit smoking.

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.

Smoking Cessation Clinic

It's hard to stop, but with help and support, you **can** quit smoking.

Quitting smoking can be one of the most difficult, yet rewarding, things a person can do. Most smokers say they would like to quit, and may have tried at least once. Some are successful the first time, but others try a number of times before they finally give up for good.

It might take time, it can be hard as your body breaks its dependence on nicotine, but many people have succeeded in giving up smoking. Become one of them by making a quit plan.

The clinic will provide a proven approach to assisting people who wish to either quit smoking or cut down. Every cigarette not smoked is doing good for smokers' health. The clinic uses a multidisciplinary approach to match individual needs.

To make a booking for the smoking cessation clinic call the GP Clinic on 24134.

All patient information is treated as confidential.

Advice for family and friends visiting 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.

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

How looking forward can influence choices we make now

Some food for thought...

Now we are a couple of months into this unprecedented situation, some people are wondering why the key messages, especially social distancing and hand hygiene, are still being recommended. It is all about risk, especially for the vulnerable members of our community. Our behaviour now could have lasting effects for others.

Try to picture our Island months or years in the future...How will we look back on our behaviour during the COVID-19 pandemic period? Will we have regrets about decisions we made about our own behaviours?

Even though we have not yet experienced having active cases of COVID-19, think about how we will reflect on it later. This may help in deciding what health behaviours we engage with NOW (source: Leslie Martin, a health psychologist at La Sierra University in California)

Greta Thunberg's message about COVID-19 for young people

Besides keeping climate change protests alive online, activist Greta Thunberg also took to Instagram and shared her experience of self-isolating. The 16-year-old felt some symptoms of COVID-19 like her father after the duo came back from a trip to Brussels. She said she had shivers, a sore throat, cough, and felt tired.

"Now I've basically recovered, but - AND THIS IS THE BOTTOM LINE: I almost didn't feel ill. My last cold was much worse than this! Had it not been for someone else (her Dad) having the virus simultaneously, I might not even have suspected anything. Then I would just have thought I was feeling unusually tired with a bit of a cough and this is what makes it more dangerous,"

Greta is urging younger people who may be asymptomatic to the virus, to be responsible and follow advice from experts and local authorities so that they do not risk passing the virus to the people who are at risk.

Read more at: https://yourstory.com/herstory/2020/03/michelle-obama-jacinda-ardern-coronavirus-covid-19-greta?fbclid=IwAR33Zhq6pSkRGYRuW06XwFHHfTcxBjI0idc1zZZg2dxU_kS6ZIrOYf4MP8k

Possible role of Vitamin D in COVID-19

There was an interesting article in the Conversation late last week indicating that there is growing evidence supporting the role of Vitamin D in building immunity and possibly assisting with protecting against coronavirus infection. The link is: https://theconversation.com/does-vitamin-d-protect-against-coronavirus-138001?fbclid=IwAR1hXS9ggUrVjFF_1OBo6ArAZ4_PMY0kOGWDcnlrzaIDJJI8pro2QRNkPi4

Before you consider starting supplements of Vitamin D, it is best to talk to your GP first.

Good News - Norfolk Island Active Kids Program to be continued...

Funding has now been confirmed for the 2020/21 financial year allowing the NI Active Kids program to be continued for another year. This program is designed to encourage and support school aged children living on Norfolk Island to be physically active. NIHRACS and NI-Connect work together to administer and promote this program.

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.

Part of the requirement for a second year of funding is to undertake an evaluation of the first year's program. Families and providers will soon receive an email with a link to a short online survey about the program. Please take time to provide your feedback. We will take on board all feedback for the next year of the program.

The new vouchers will be available closer to the end of June and will cover the period 1 July 2020 to 30 June 2021. Contact Karen Innes-Walker on karen.walker@hospital.gov.nf for more details.

