

NIHRACS Weekly Update

Thank you to Lee Christian

A very special thank you to Lee Christian who kindly purchased & donated 2 universal remotes to NIHRACS for the wards, all TV's now have their own remotes.

“Useful Information for explaining Covid-19 to children”

Birdie & the Virus

Have you met Birdie yet? Birdie is the star in the series of Birdie's Trees books, videos and other resources developed for young children, their parents and families by Children's Health Queensland's, Queensland Centre for Perinatal and Infant Mental Health.

In “Birdie and the virus, a virus has made Birdies' friends sick, and the Doctors and Nurses help Birdie and her friends.

Click on the link for “Birdie and the virus”, and “Birdie gets her vaccination”

<https://www.childrens.health.qld.gov.au/covid-19-birdie-virus/> On this page there are also links to further information about “Covid 19 and your child's health” and the other Birdie's Tree Resources, designed to help children and families grow together through natural disasters.

Norfolk Island COVID-19 Protocols (updated as of 31 January)

To view Norfolk Island COVID-19 Protocols please visit NIHRACS website (www.norfolkislandhealth.gov.nf) and click on the COVID-19 tab. There is also a copy of the Protocols published in this week's Norfolk Islander.

Update: General Information Guide for People in Isolation/Quarantine

This guide can be found on the NIHRACS website (www.norfolkislandhealth.gov.nf) under the COVID-19 tab. It contains information for people who have been required to isolate or quarantine due to COVID-19.

Sydney Breast Clinic on Island 7-11 February

The Breast Screening clinic, conducted by Sydney Breast Clinic, will be held at the Hospital from Monday 7 until Friday 11 February. Please call the GP Clinic on 24134 or 22091 for an appointment.

Women aged 40 years and over should have a screening mammogram every two years. Those who have the BrCa gene, or who have been advised to do so at their last screening, should have a screen every year.