

Visit by Body Image/Eating Disorder Experts

The NIHRACS Health and Wellbeing team, working closely with the Women's Advocacy Norfolk Island (WAGNI) team, welcomed Associate Professor Sarah Maguire and Dr Karen Spielman from the Inside Out Institute (<https://insideoutinstitute.org.au/>) to Norfolk this week. Sarah and Karen came over mainly to be guest speakers at WAGNI's International Women's Day breakfast, held on Wednesday 9 March, but while they were here they had a busy schedule of meetings and speaking engagements at the School, on radio, and sessions for parents as well as health and other agency professionals.

Below are some photos of their week so far. Thanks very much to the Community for welcoming our visitors and also to Sarah and Karen for their time and expertise. We hope to build our linkages with them going forward.



Queen's Baton visits NIHRACS

On Wednesday 9 March NIHRACS had the pleasure of having the Queen's Baton visit our aged care residents & staff. This is the 16th occasion for the Baton relay. The Baton will visit 72 Nations, Territories & Countries.



Endometriosis Awareness Month

March is International awareness month for Endometriosis, this is a debilitating condition that affects an estimated 176 million women worldwide.

Endometriosis is a common disease where tissue similar to the lining of the womb grows outside it in other parts of the body. Common symptoms include pelvic pain that puts life on hold around or during a woman's period. It can impact fertility. Whilst endometriosis most often affects the reproductive organs it is frequently found in the bowel and bladder and has been found in muscle, joints, the lungs and the brain.

To learn more about Endometriosis, please visit Endometriosis Australia website <https://www.endometriosisaustralia.org/> . If you are experiencing symptoms associated with Endometriosis and would like to speak with a Doctor, please call the GP Clinic on 24134.

Advice to Norfolk Island Residents and Visitors regarding novel coronavirus (COVID-19)

COVID -19 (novel coronavirus) continues to spread across Norfolk Island.

While this is a serious public health issue, it is important to keep in mind that the disease mainly causes mild respiratory illness. It is, however, necessary for us to try to limit spread of the virus on the island.

NIHRACS encourages all community members to ensure that you follow infection control measures, which include hand and respiratory hygiene, and to use face-masks in the community.

At present NIHRACS considers every person who has fever or acute respiratory symptoms (cough, shortness of breath) to be at risk of having the virus. Also considered at risk of having coronavirus is any person who lives in the same household as a current confirmed case of COVID-19.

If these criteria apply to you, you should not attend work, school or go out into the community. Call the hospital on 22091 for advice. If you are exhibiting symptoms the GP may request a coronavirus rapid antigen test (RAT). These swabs are conducted at the drive through testing tent at NIHRACS. You will be advised to self-isolate at home or your accommodation until a negative test result is received. Should you become very ill and require medical care, please call the hospital on 22091 or an ambulance on 000. You will be seen in the hospital's separate viral assessment unit.

Older people and patients with chronic diseases are most at risk of complications not only from this coronavirus but also from other viruses like influenza. If you are ill, be particularly mindful of avoiding the spread of infection when visiting relatives and friends.

NIHRACS strongly advises people to have the COVID vaccination to help prevent the spread.

This is an evolving situation and advice concerning the Health response is being regularly reviewed.

GP Clinic update

COMMUNITY MASK RESTRICTIONS

From 6pm, Friday 4 March, masks will only be required at:

- NIHRACS
- Disability accommodation
- Airports/Planes
- Public transport (such as tourist buses)/ Taxis (Kased Kabs)

Whilst the EMT has lifted some mandated requirements related to the management of COVID on the island, everyone is encouraged to take personal responsibility for their health. COVID remains a potentially serious disease with poor outcomes for some people. As an individual you are free to make your own decisions regarding facial mask and hygiene requirements. If you are immune system compromised, unvaccinated or considered high risk, your personal safety plan should take precedence. For example, if you feel more comfortable wearing a facial mask in public spaces, you are free to do so; however, this will no longer be a mandated requirement for the community.

FEELING SICK? STAY HOME AND GET TESTED

If you are feeling sick please do not attend work, school or shops. Book in with a GP for a phone consult and Covid-19 Rapid Antigen Test.

Help stop the spread!

COMMUNITY COVID-19 TESTING

RAT testing is still available Monday to Friday via the drive-through clinic. These are booked appointments after a phone consultation with a GP.

NIHRACS FRONT DOOR POLICY – MEET & GREET

Thank you for your ongoing patience at the door and for respecting our Door policy that aims to protect our Aged Care Residents, Inpatients and Staff whilst allowing ease of access to our essential Health Services.

For Aged Care & Inpatients:

You will be required to have a COVID-19 Rapid Antigen Test prior to entry if visiting the ward or Aged Care Residents.

INTERNATIONAL WOMEN'S DAY 2022

Imagine a gender equal world. A world free of bias, stereotypes and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all **#BreakTheBias**.

Celebrate women's achievement.
Raise awareness against bias.
Take action for equality.



**We will celebrate
women's
achievements**

#BreakTheBias

WELLBEING

If you require emotional or psychological support can access free confidential services. Please phone the NIHRACS Social Worker Maria McCann on 22091

VISITING SPECIALISTS

Paediatrics – 14th - 18th March
Paediatric Psychiatry – 24th - 28th March
Respiratory Physician – 19th - 22nd April
Podiatry – To be advised