

## Important COVID-19 Update from NIHRACS

NIHRACS has developed a COVID-19 Response Plan to guide our services in response to different levels of community transmission of the COVID-19 virus, in line with other Health Services across Australia.

There are 5 tiers of response and these are driven by one or more of the following factors:

- Staffing levels at NIHRACS
- Community transmission levels
- Hospitalisation levels
- Capacity of various areas within NIHRACS to function safely

As of 28 April, we have moved to Tier 3, driven by the reduced level of available essential staff and a rise in transmission rates.

This means changes to our model of health-care delivery with a greater use of non face to face care services for outpatients.

It's very important to understand that we are still open, we are not locked-down, we are just having to deliver services via telephone services primarily as staff have to work from home. Urgent cases will still receive face to face services but we ask that you understand if we offer a different way of providing your health care services during this period. We will provide regular updates on the situation. The tiered response is reviewed twice per week by NIHRACS.

Please remember the key preventative measures you can do, they really do make a big difference:

- Stay home if you have COVID-19 symptoms and do a test
- If positive it is mandatory to call NIHRACS on 22091
- Practice good hand hygiene
- Keep a good distance from others and wear a mask if you can't physically distance from others
- Sneeze/cough into your arm or tissue
- Be vaccinated

## Easter at NIHRACS

Thank you to Caroline Holdom in the kitchen at NIHRACS for a very special treat for our patients and Aged Care residence over Easter.



## Healthy Cooking Demonstration with Carli Christian

Our next Healthy Cooking demonstration will be held on Thursday 12<sup>th</sup> May, starting at 5.30pm at The Local. We are excited to have Carli Christian from The Local as our presenter this time. Carli has a fantastic menu organized and will be showing us how to make Tahitian Fish & Chicken Stuffed with Hilli Goat cheese on a lemon risotto. Recipes and tastings will be provided. Cost is only \$5. If you would like to come along please contact Karen Innes-Walker on email [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf) or phone the Health & Wellbeing office on 22687 by Tuesday 10<sup>th</sup> May.

## Country Line Dancing continues

Country Line Dancing with Carter Stormann is continuing, the next session will be Monday 2<sup>nd</sup> May and then every second Monday. Put your dancing shoes on and join in the fun whilst being physically active. Cost is \$5.00 per person and all are welcome. It is held at the SDA Hall on New Cascade Rd starting at 5.30pm. Please bring along your face mask & water bottle. For further information please contact the Health & Wellbeing team on 22687 or Karen Innes-Walker on 53969



## GP Clinic Hours of Operation

Monday	9am – 5pm
Tuesday	9am – 5pm
Wednesday	9am – 5pm
Thursday	9am – 5pm
Friday	9am – 5pm

**For all emergencies please call 000**

## To Enter the Hospital

### GP Clinic/Pathology-XRay

A mask must be worn at all times

Temperature check and questions at the door

### Hospital

All of above & a RAT Test prior to entry

## UPDATING YOUR DETAILS

When you next visit the GP Clinic you will be asked to update your details. This is to maintain accurate information on your medical record and therefore assist with your consultation. Please arrive for your appointment 5 minutes prior to your appointment to allow time to complete. We thank you for your assistance in this important task.

## HOW LONG SHOULD YOU BOOK YOUR APPOINTMENT FOR?

Most appointments with your GP only require 15 minutes. If you have multiple issues or you think they are complex and will require extensive discussion, please let our receptionist know that you would like a **long appointment**.

This will ensure you have the time needed with your GP and will assist us in managing the GPs time and patient flow.

## COVID VACCINATION WINTER DOSE

On 25 March 2022, the Australian Technical Advisory Group on Immunisation (ATAGI) provided recommendations on a winter booster dose of a COVID-19 vaccine for selected population groups, to increase vaccine protection before winter. The winter dose is recommended for people who are at greatest risk of severe illness from COVID-19, 4 months after their first booster.

At risk groups are:

- adults aged 65 years and older
- residents of aged care or disability care facilities
- people aged 16 years and older with severe immunocompromise (as defined in the [ATAGI statement on the use of a 3rd primary dose of COVID-19 vaccine in individuals who are severely immunocompromised](#))

## FLU VACCINATION

The 2022 Flu vaccination has arrived on Island.

### **NIHRACS will advertise when clinics will be held**

With flu season almost here amid the continuing COVID-19 pandemic, you can protect yourself and your family from both illnesses by physical distancing, frequent and thorough hand washing, coughing into the crook of your elbow, staying home when sick, limiting contact with people who are infected and keeping up to date with your vaccinations.