

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 the NIHRACS model of health-care delivery, with a greater use of non-face to face care services for outpatients, to protect both patients and staff.

It is very important to understand that NIHRACS is still open and continues to see patients. NIHRACS is not locked-down, non-urgent services are initially being delivered via telephone, primarily as many NIHRACS staff have to work from home. All emergency and urgent cases will still receive face to face services with medical staff. Please call 000 for Emergencies and an Ambulance if needed as usual. We appreciate your support and patience with this telephone triage system that aims to control the spread of COVID within the NIHRACS Facility, thereby enabling NIHRACS to function effectively, protecting the Aged Care residents and you the patients who attend for healthcare. 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

News from the NIHRACS Social Work Service

NIHRACS is at Tier 3 and we are asking all residents returning from Australia to delay bringing in your NIPTAAS claim forms to NIHRACS until 7 days post returning. If after 7 days your NIPTAAS claim form is complete and correct please hand into the staff at the front door to be given to the administration team. For complex patient travel matters, please book an appointment with the social worker Maria McCann by phoning 23478 or 50593. Please note you will be required to complete a Rapid antigen test prior to your appointment.

May is National Walking Month

Walking is a great way to keep your body moving and with May being National Walking month, why not join in the weekly Heart Foundation walks. The group meets every Sunday at 8am near the Kingston pier (weather permitting). You are welcome to bring your dog and/or children and there are different walking distances to choose from. If you would like to join the group, just turn up. Remember to bring your hat, water, mask (only needed if in close distance with others outdoors), hand sanitiser and have sunscreen on. For more information contact the Health and Wellbeing office on 22687.

NI Active Kids



Have you got your NI Active kids voucher for your child yet? Only a few months left to use this year's voucher which will finish on 30 June 2022.

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.

The providers where you can redeem your voucher are:

- Touch Football
- Tennis
- Yoga with Candida Langman
- Archery

- Pony Club
- Kids Boxing - Miss Fit Studio – (Kelly Quintal)
- Junior Outrigging Program
- Norfolk Island Fitness and Health
- Golf
- Norfolk Island Girl Guides and Brownies
- Norfolk Island Junior Rugby League
- Island Coaching and Training – Lou Donald
- Norfolk Island Netball Association

You will need to complete a short form which can be either printed from NIHRACS website (www.norfolkislandhealth.gov.nf) or call into the Health & Wellbeing office to fill in your form. Once we have received your completed form we will issue the voucher for your child to use, (please note there is 1 voucher per child for 2021-2022 financial year).

For more information, please call the Health & Wellbeing team on 22687.

NIHRACS COVID-19 Update



Current as at 12/05/2022

NIHRACS Child Health Clinic on Fridays 0830-1600

During this latest COVID 19 surge on Norfolk Island, it is important that all parents know they can access the Child Health Clinic and make appointments for Fridays in the usual way through reception staff. Please make an appointment for the 'Child Health Nurse' and for a 'GP' if your child needs an immunisation, medical assessment, or referral. If any issues arise with the child health nurse, they will seek advice and review from the doctor as required.

We are being as flexible as we can to support parents and children in the community with any health issues, or parental concerns they have. The child health nurse can offer Home Visits or do Telephone consultations for those who may feel anxious to attend the hospital in person.

Staff and patients are tested for Covid at the door to reduce any risk of Covid in the facility.

If parents prefer not to be tested, children can also be seen outside the GP Clinic.

A reminder for any Yr 7, 8 or Yr 10 student who was absent for the School Immunisations given at the school in Week 2 this term, are encouraged to make an appointment, and receive them at the Child Health Clinic on Fridays after school over the next month.

Please be assured we are available to support parents with any health concerns, so please phone the GP Clinic on 22091

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.

FLU VACCINATION

The 2022 Flu vaccination has arrived on Island and we are taking bookings.

Clinic Location: SDA Hall

Appointments: Via Hospital

Clinic Dates;

Mon 23 May: +65yrs for COVID Booster & Flu Vax-Govt Funded

Tues 24 May: +65yrs - Govt Funded

Wed 25 May: Chronic Disease - Govt Funded

- Cardiac Disease
- Chronic Respiratory Conditions (EXC Asthma)
- Chronic Neurological Conditions
- Immunocompromised
- Diabetic
- Renal Disease
- Haematological disorders
- Pregnant Women

Thur 26 May – General Public – Cost is \$20 per person payable prior to vaccination. Cash Only

Fri 27 May – General Public – Cost is \$20 per person payable prior to vaccination. Cash Only

COVID VACCINATION WINTER DOSE

With COVID-19 circulating the community and the additional risk of influenza we are pleading with people to get their COVID-19 winter dose and flu shot to reduce the "life-threatening" risk of having both at the same time.

The winter dose is recommended for:

- adults aged 65 years and older
- residents of aged care or disability care facilities
- people aged 16 years and older with severe immunocompromise