

FOOD and MEAL SUPPLIES DURING ISOLATION/QUARANTINE

The following businesses may be offering a delivery service to people in self isolation/quarantine.

Utilise family and friends (who are not in isolation/quarantine) where possible to assist with your supplies including meal deliveries as some businesses do have limited resources.

For the safety of all concerned, it's paramount that you advise all delivery personnel of your isolation/quarantine circumstance.

Once the items have been delivered the person must not stay. No one is allowed to enter your residence during isolation/quarantine.



You will need to discuss with them your method of payment (no cash or cheque), use your credit card over the phone or make other arrangements.

Remember to socially distance at all times and discuss with them a good location to place your delivery. For example, a chair or table on front veranda.

Business	Opening hours	Lunch/Dinner/Groceries	Phone contact
P&R Groceries	6.30am to 9pm – 7 days	General Grocery Supplies	23110
Prinke's Eco Store	7am-5.30pm M –Fri, 7am-1pm Sat	General Grocery Supplies	54511
Paw Paw's Pumpshed	6.00am to 9pm – 7 days	General Grocery Supplies	22807
The Olive Café	7am to 1.30pm daily (not Wed)	Breakfast/lunch	24406
Bounty Bar and Grill	5.30pm to 8pm Wed to Sun	Evening meal	22019
Slicks	8.30am to 5pm (M-F) 8am to 1pm Saturday	Meat, fresh vegetables and deli goods	22567
RSL Poppies Diner	5pm to 7.30pm	Evening meal	23236
Rae's Kitchen at Leagues Club	5pm to 7.30pm (Mon-Thurs)	Evening meal	22975
Care Norfolk meals	Daily for assessed people	Lunch for people who meet criteria	22396

Emergency relief funds may be available through contacting Karen Christison at Anglicare 51644, or through norfolkisland@anglicare.org.au

The following may be available for the supply of phone and internet credit over the phone:

Customer Care - 0100 P&R Groceries – 23110 Foodland -22018 The Trading Post - 22227 Cascade Motors - 22168 Paw Paw's Pumpshed – 22807 Central Service Station - 22402		
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The Red Cross, since May 20 2022, are providing welfare support. If you have non-medical questions, or need advice on how to access goods and services whilst in isolation/quarantine, the Red Cross can be contacted on mobile 50506.

HEALTHCARE and MEDICINES DURING ISOLATION/QUARANTINE

While in isolation/quarantine, monitor yourself for symptoms including fever, cough, sore throat, runny nose, shortness of breath, fatigue or tiredness, loss of smell and/or taste, diarrhoea or vomiting. Other possible symptoms include chills and body aches.

If you develop any symptoms or have concerns contact NIHRACS immediately on 22091. You will be advised (by a Doctor or Nurse) of next steps.

We ask that you DO NOT physically present to the GP clinic or Hospital.

In an emergency call 000.

If you are seeking medicines, contact the GP Clinic (22091) to make arrangements for a prescription to be sent to the Burnt Pine Pharmacy, their telephone number is 24201, and you will need to make arrangements for delivery.

RUBBISH

If you are in isolation/quarantine at your residence, you can dispose of your rubbish at the Waste Management Centre **three full days** after you are officially released from isolation/quarantine.

Isolation/Quarantine Sign

We request you put the sign on the front door of your residence as an extra measure to ensure people are aware you are in isolation/quarantine. See below for a copy of the sign.

Wataweih – Hello



As of / /2022

OUR HOUSEHOLD IS IN ISOLATION/QUARANTINE

- You must not enter this house
- Maintain a safe distance from the occupants of this house
- You must not invite the occupants to leave the premises

Should you wish to converse, our phone number is _____

We currently have days left in isolation/quarantine

7	6	5	4	3	2	1
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