

## **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 and are currently in a Teir 3 of our response plan.

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

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 delivering services via telephone 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.

## **Norfolk Island Community Health Promotion Plan**

The current Community Health Promotion Plan expires on 30 June 2022. Planning is underway for the next three years of this plan and we would like to invite members of our Community to have a say in what should go into this plan. If you or your organisation would like to have input into this plan please contact Karen Innes-Walker, Health and Wellbeing Coordinator by email on [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf) or call 22687. The current plan can be found under the Health and Wellbeing tab on NIHRACS' website ([www.norfolkislandhealth.gov.nf](http://www.norfolkislandhealth.gov.nf))

## **NI Active Kids program to continue**


After a very successful year of registrations, we are pleased to advise that the Health & Wellbeing office have secured funding for NI Active Kids program to continue for the period 1 July 2022 through to 30 June 2023. If you would like to obtain a voucher for your child, please call the Health & Wellbeing office on 22687 to arrange a collection time.

The local sport/activity providers where you can use a voucher are:

- Touch Football
- Tennis
- Yoga sessions with Candida
- Archery
- Pony Club
- Kids Boxing
- Junior Outrigger Program
- NI Fitness & Health (Gym)

- Golf
- Girl Guides & Brownies
- Junior Rugby League
- Island Coaching & Training (Lou Donald)
- Netball


If you are a local sport/activity provider that is not involved in the program and would like to be, please call the Health & Wellbeing office on 22687 to find out more information.



**Norfolk Island**  
**Active Kids**

## NI Active Kids

**What is NI Active Kids?**  
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.



**What do I do next?**

1. Complete a short application form
  - Collect an application form from the Health & Wellbeing Office (Smithy's Building), or
  - Email [maria.massey@hospital.gov.nf](mailto:maria.massey@hospital.gov.nf) and a form will be emailed to you (please note working days are Wed – Fri), or
  - Download the form from the NIHRACS website ([www.norfolkislandhealth.gov.nf](http://www.norfolkislandhealth.gov.nf))
2. Return the completed form to Health & Wellbeing office or email to the address above
3. You will receive a call or email when your voucher is ready to collect from Health & Wellbeing office
4. Check with your sport or activity provider if they are registered with NI Active Kids. If Yes, present the voucher to them in lieu of payment.

**More information on NI Active Kids**

- ✓ Vouchers are valid 01 July 2022 – 30 June 2023
- ✓ One voucher per eligible child to the value of \$100
- ✓ Providers must be registered with NI Active Kids in order for the voucher to be used
- ✓ The voucher can only be used for one provider. If the provider fees are less than \$100 the remaining balance is forfeited
- ✓ Students must be currently enrolled at Norfolk Island Central School.

## Flu Vaccination - Free

On Tuesday 24<sup>th</sup> May QLD Health announced Free flu vaccinations for all residents until the 30<sup>th</sup> June 2022.

Please phone the GP Clinic on 22091 for an appointment

## 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 immunocompromised

Please phone the GP Clinic on 22091 for an appointment.

### **Script, Test Results and Referrals**

Scripts, test results and referrals can be obtained in a booked consultation.

If you are on regular medications please allow adequate time for your script renewal as we are not always able to offer same day appointments.