

Important COVID-19 announcement from NIHRACS

As of 7am Tuesday 12th July, NIHRACS have moved to a Tier 3 of its COVID-19 Response Plan, driven by the increased level of community 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. If you still require a face to face appointment you will be asked to complete a RAT prior to entry.

To book appointments please phone our reception on 24134.

Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

Important COVID-19 announcement on COVID-19 Reinfection Period

Late on Friday (8 July) the Australian Health Protection Principal Committee (AHPPC) released a change of advice regarding the COVID-19 reinfection period:

AHPPC advises that the reinfection period be reduced from 12 weeks to 28 days. People who test positive to COVID-19 more than 28 days after ending isolation due to previous infection should be reported and managed as new cases.

This means the 12 week 'halo' period where people do not test for COVID-19 or be subject to a 7-day home isolation order has in effect being reduced from 12 weeks to 4 weeks.

In their advice, AHPPC indicated that reinfections with the more transmissible BA.4/BA.5 sub variants may occur as early as 28 days after recovery from a previous COVID-19 infection.

NIHRACS has updated its test/isolation directions for recovered COVID-19 cases to align with this advice.

The Omicron BA.4 and BA.5 sub variants are now seen as the dominant strains of COVID-19 in Australia, and it is expected there will be increased numbers of reinfections among those who have previously had COVID-19.

Condoms available

The Health & Wellbeing office would like to advise that there are Condom machines installed in the toilets behind the Commonwealth Bank/ CafeTempo, down Bun Pine Alley. The cost is \$2.00 for a box of 2 condoms, the machines will take a \$2.00 coin only.

Health and Wellbeing Expo 2022

The Health and Wellbeing Office along with the planning group are in the process of organising the Health & Wellbeing Expo to be held on Saturday September 10 subject to the COVID-19 situation at the time. The last Expo was a huge success with a wide range of Health & Wellbeing exhibitors as well as healthy food options. If you would like to have a table

at this year's Expo to showcase your business or organisation or would like to sell healthy food, please contact Maria Massey (maria.massey@hospital.gov.nf) or call 22687 for more information.

Quitline is available as a freecall service for the Norfolk Island Community

Contact Quitline for help to quit smoking. You can call the hotline on 13 QUIT (13 7848), to talk to a counsellor or request a callback. The Quitline offers an online chat service and has resources for health professionals. Quitline counsellors are trained experts in stopping smoking. They can give you small steps to help you break the habit and can provide support, even if you're not completely ready to quit just yet. Visit their website for more information: www.quit.org.au.

NIHRACS also runs a weekly smoking cessation clinic, please contact the GP Clinic for further information.