

Important COVID-19 announcement from NIHRACS

NIHRACS remains at Tier 3 of its COVID-19 Response Plan. This will be reviewed on a weekly basis.

NIHRACS remains open for health services but it does mean changes to our model of health-care delivery with a greater use of non-face to face care services for outpatients. If you require a face to face appointment you will be asked to complete a RAT and symptom check 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

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 protocols 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.

Norfolk Island Patients' Travel Accommodation and Assistance Service (NIPTAAS) Reminder

When your NIHRACS GP refers you to Australia for medical treatment or investigations please remember to collect a NIPTAAS claim form for accommodation and travel reimbursements before you leave Norfolk Island.

The claim forms can be collected from the hospital front office or are available on the NIHRACS website. www.norfolkislandhealth.gov.nf

Please be reminded that it is your responsibility to collect signatures from the hospital or clinic for each appointment in order to obtain your reimbursement.

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.

Healthy Options program

The Health & Wellbeing office are pleased to announce a new program called the "Healthy Options Program". We are inviting all restaurants & cafes to join the program. All you need to do is nominate one or more items from your menu to be designated as a "Healthy Option". To participate you will need to send the recipe, including number of serves from the recipe to our Dietitian (email: karen.walker@hospital.gov.nf) who will do a nutritional analysis and either advise that the item meets the healthy options guidelines or provide suggestions on how to make the item meet the guidelines. Once the recipe is a "Healthy Option", we can supply a sticker (or electronic version) of the logo that you can place onto your menu. We will also supply brochures about the program for your customers.

For more information or to express interest in being part of the program please contact the Health and Wellbeing Office on 22687 or email Karen Innes-Walker, Dietitian and Health and Wellbeing Coordinator on karen.walker@hospital.gov.nf.

