

NIHRACS COVID-19 Update 24 August 2022

- NIHRACS is currently managing an outbreak of COVID-19 among the residential aged care patients, with several positive cases recorded since the weekend.
- All positive cases and close contacts within aged care are being closely monitored and supported. All those who have tested positive remain on island.
- The community is assured this situation is being well managed by NIHRACS staff, with support from Queensland's Metro North Health, including expert advice from infectious diseases and public health specialists.
- Visits to those in aged care are being carefully managed on a case-by-case basis, to keep residents in contact with their family and loved ones while managing the current COVID risks.
- Please contact NIHRACS for further information on the current visits processes for those in aged care.
- If visitors are unwell or have any symptoms, they are asked to stay home and get tested and plan to visit again once well.
- Also, if you need medical attention, please don't delay attending the GP clinic or hospital. There are appropriate COVID response measures in place at NIHRACS to manage the current situation.
- We will provide further information on the situation as it progresses.
- This is a good time for everyone to remember to do your part and follow your COVID-safe behaviours, which are key to limiting the spread of COVID and protecting yourself and others.
- Maintain a safe distance from others, practise good hand hygiene, cover your coughs and sneezes, stay home if sick and get tested.
- Wearing a mask is an easy and effective way to protect yourself when indoors or if you can't physically distance from others.
- You can keep up to date with information on COVID-19 on the NIHRACS website or Facebook page.

SHAW UP fun run "Running on the SHAW" Sunday 28 August

You are invited to join in a run for wellbeing, called Running on the SHAW, this Sunday 28 August, starting at 9am from Emily Bay. There will be a 5Km course plus a shorter one and you can walk or run the course.

This run is being organised by Koszta, Natalie and Fletcher who are Student Health and Wellbeing (or SHAW-UP) Ambassadors.

It is free to enter and you will go in the draw to win a prize just for participating. Morning tea will also be available for purchase. No need to register just turn up before 9am.

Health & Wellbeing Expo - Saturday 10 September, 10am – 1pm - Rawson Hall

It's only a few weeks until this year's Health & Wellbeing Expo. We have had a fantastic response from exhibitors wanting to be involved, mostly from Norfolk, but we also have some visiting for the Expo. We have a great program lined up including:

- A wide variety of exhibitors showcasing health & wellbeing services and products
- Healthy & tasty food options
- Informative presentations
- Great lucky door prizes, simply fill in an evaluation form about the Expo and your name will go into the draw

The list of exhibitors is as follows:

- Kingfisher Healing Space
- Sarah Quintal & Gaye Evans
- Norfolk Island Police
- Banyan Park
- Health & Wellbeing Office
- Norfolk Island Men's Shed
- Drew Danaher
- National Drug & Alcohol Research Centre (NDARC)
- Red Cross
- GP Clinic & St John Ambulance
- Brisbane North Primary Health Network
- Metro North Health (to be confirmed)
- Dementia Support Australia
- Natasha Arnold
- Care Norfolk
- Mental Health Awareness Group/Mental Health First Aid
- Perfect Harmony
- National Disability Insurance Scheme (NDIS)
- NI Connect
- Siebren de Boer Remedial Massage
- Anglicare
- Nil Drinks Co
- Archies Footwear
- WAGNI
- Life Without Barriers
- Lions Club of Arthurs Vale supplying food

We hope you will come along and see what is on offer, enjoy the food and listen to the great presentations. Look for the program of presentations in next week's paper. For more information please contact the Health & Wellbeing office on 22687, Karen Innes-Walker on 53969 or Maria Massey on 57288.

September is Childhood Cancer Awareness month

Childhood Cancer Awareness month is celebrated each year in September worldwide. Sadly, in Australia, around 750 to 800 children under the age of 15 are diagnosed with cancer every year and almost half of those diagnosed are aged 0-4 years. The good news is that survival rates for children with cancer in Australia continue to improve. The five year relative survival rate for all childhood cancers combined is 86%, up from 73% in the period 1983-1994. Most of the gains have occurred as a direct result of improvements in treatment through international collaborative clinical trials, of which Cancer Council is a part.

To read more about this topic, please visit Cancer Council website
<https://www.cancer.org.au/news/childhood-cancer-awareness-month>

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

NIHRACS COVID-19 and GP Clinic Update

Current as at 26/08/2022

Important COVID-19 Update from NIHRACS

NIHRACS is currently managing an outbreak of COVID-19 among the residential aged care patients. All positive cases and close contacts within aged care are being closely monitored and supported.

The community is assured this situation is being managed by NIHRACS staff with the support from QLD's Metro North Health.

Visits to those in aged care are being carefully managed on a case-by-case basis. NIHRACS will provide further information on the situation as it progresses.

PUBLIC HEALTH DIRECTIONS FOR NI

The Declaration of State of Emergency on Norfolk Island ceased at 11:59pm on the 29 July 2022; it is being replaced by a number of general public health directions.

The two MAIN changes that result from the new directions are:

- Close contacts are no longer required to isolate, if they do not have COVID-19 symptoms and have a negative RAT on days 0, 2, 4, 6

FLU VACCINATION

Free Flu vaccines are now available for people who are:

Over the age of 65 years, Pregnant or have a chronic disease (e.g. Diabetes, Coronary heart disease, renal failure, immunocompromised)

Children under 18 years please call NIHRACS to secure an appointment with a Doctor and Outpatients for this vaccination.

NOTE: If you are not over the age of 65 years or do not have a chronic disease, flu vaccines are available at a cost of \$20.00.

UPDATING YOUR DETAILS

NIHRACS have updated our Medicare Billing to an automated system. As a result of this, we will be calling residents who have expired card details on file to have this updated.

Please check your details ahead of any appointments and advise GP Reception with new expiry dates.

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.

VISITING SPECIALISTS

Ophthalmology – 16th – 19th
September

Psychiatrist (Paediatric) -
13th – 18th October

Endocrinology – 31st October
– 11th November

Respiratory – 14th-18th
November

The GP Clinic will call all patients who have been triaged by the Specialist to confirm an appointment.



COVID VACCINATION

NIHRACS Covid vaccination clinic will be held:

Where: St Johns Ambulance Shed

When: 7th September

Booked appointments only

Please contact the GP Clinic on 22091 to secure a booking.

NIHRACS encourage all residents over the age of 30 years to get their COVID-19 vaccination including 4th Dose.