

Women's Health Week 5-11 Sept 2022

Women's Health Week is a timely reminder for women to take positive and practical steps to being healthy in mind and body. This week is dedicated to all women to make good health a priority. Jean Hailes website has some fantastic information on many topics related to women's health. To read more, please visit Jean Hailes website <https://www.jeanhailes.org.au/>

Health & Wellbeing Expo is on today, 10am – 1pm - Rawson Hall

The Health & Wellbeing Expo is on today, you are invited to attend the Health & Wellbeing Expo (free entry). Come along to Rawson hall between 10am – 1pm and see what is on offer. Lions Club of Arthurs Vale will be selling healthy food, tea & coffee, listen to some great presentations and receive a ticket to win one of many lucky door prizes. For more information check out the NIHRACS website under the Health and Wellbeing tab (www.norfolkislandhealth.gov.nf).

Items in the lucky door prizes:

- On ear Headphones
- Bamboo ironing board
- Cushion
- Beach Umbrella
- Her Tools Kit
- Candy Cane LED light
- Light Solar Metal Mini Lantern
- Kids Garden Tool Set
- Hanging Planter
- Citronella Torch Bamboo
- Hand Fork
- Plant Pot holder
- Gardening Glove
- Mosaic Light Solar
- Gumboots
- Prinke vouchers
- Slick & Son vouchers
- Teddy Evans vegie box

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 only take a \$2.00 coin.

A reminder that the Hospital, including car park areas, is a Smoke Free Site



NIHRACS COVID-19 and GP Clinic Update

Current as at 08/09/2022

Important COVID-19 Update from NIHRACS

As of Wednesday 31st August, NIHRACS has moved to a Tier 1 of our Pandemic Response Plan, driven by the reduced level of community transmission rates. This means changes to our model of health-care delivery with greater reintroduction of face to face care services for outpatients. We are still offering telephone consultations for those who prefer not to present to NIHRACS. To book appointments please phone our GP Clinic reception on 24134 or 22091. Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

REPORT YOUR RAT

If you test positive on a rapid antigen test (RAT) it is very likely that you have COVID-19.

Report your positive test result by calling NIHRACS on 22091
Note: if you took a PCR test at our testing clinic and received a positive result, you do **not** need to report it. The testing clinic will report it to our COVID Nurse directly.

FEELING SICK? STAY HOME AND GET TESTED

If you are feeling sick please do not attend work, school or shops. Book in with a GP for a phone consult and Covid-19 Rapid Antigen Test.
Help stop the spread!

COMMUNITY COVID-19 TESTING

RAT testing is still available Monday to Friday via the drive-through clinic. These are booked appointments after a phone consultation with a GP.

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.

VISITING SPECIALISTS

Ophthalmology – 16th – 19th
September

Psychiatrist (Peads) -
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.

Test Results and Referrals

Test results can be obtained in a booked consultation. Referrals to specialists must be made during a consultation.



Skin Check Clinic

As part of a complete early detection strategy, we recommend that you see your GP once a year, or more often if you are at a higher risk of skin cancer, for a full-body, professional skin exam. To make a booking for the skin check clinic call the GP Clinic on 24134