

Heart Foundation Walking group each Sunday

Walking and moving more is very good for us. It helps to improve sleep & lung capacity, by walking for just 30 minutes every day can increase cardiovascular fitness & strengthen bones. Walking also increases oxygen flow through the body.

The group meets every Sunday at 8am near the Kingston pier. You are welcome to bring your dog or children and there are different walking distances to choose from. If you would like to join the group, just turn up. Remember to bring your hat, water and have sunscreen on. For more information contact the Health and Wellbeing office on 22687.

Healthy Option Program launch Wednesday 23rd November

The Health & Wellbeing office in conjunction with Governor's Lodge will be holding a launch of our new Healthy Option program. This program is part of the Norfolk Island Community Health Promotion Plan and aims to recognise local food businesses that provide one or more healthy options on their menu. The program will also increase our community and visitor awareness of healthy options available to them. Thank you to the food outlets that are involved in the program-Bounty Bar & Grill, Hilli Restaurant, Juddway Takeaway, The Olive Café and Governor's Lodge. The launch will be held on Wednesday 23rd November @ 4.00pm at Governor's Lodge, where their chef will demonstrate how to prepare one of their healthy options and offer tastes. If you would like to attend please RSVP by Monday 21st November to Karen Innes-Walker on 22687, mobile 53969 or email karen.walker@health.nlk.gov.nf.

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 suggest 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 smoking cessation clinic, please contact the GP Clinic for further information

November is Lung Cancer awareness month

Lung cancer is a malignant tumour in the tissue of one or both lungs. A tumour may be found in the bronchi or in the spongy lung tissue. Lung cancer is the 5th most common cancer in Australia. Causes of lung cancer include smoking, second-hand smoke, exposure to certain toxins and family history. In Australia, over 13,000 people will be diagnosed with lung cancer each year.

To read more about this topic, please visit <https://lungfoundation.com.au/>

Current numbers update on Norfolk Island

There has been an increase in the number of positive Covid-19 cases on the Island. Currently there are 48 active cases.

When visiting the hospital

We are asking visitors and patients to self-identify respiratory symptoms and phone ahead instead of presenting face to face.

To book appointments please phone the GP Clinic reception on 24134 or 22091.

Please continue to help reduce the risks of coronavirus in our small community by staying home if you are unwell, wearing a mask and washing your hands.



BE COVIDSAFE

I am COVID positive, what do I do

If you get COVID-19, you should:

- report your RAT result by calling NIHRACS on 22091
- 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.
- wear a mask for 7 days after your test
- avoid visiting hospitals, aged care or disability care for 7 days after your test
- ask household members to closely monitor for symptoms.

Norfolk Island Health strongly recommends that you stay and home and isolate, until:

- your symptoms have substantially reduced **and**
- if you have gone for at least 24 hours without a fever, without using fever-reducing painkillers such as paracetamol or ibuprofen.

You should:

- wear a face mask covering your mouth whenever you are in an indoor setting outside the home
- avoid contact with people who are a higher risk of severe disease
- wash your hands regularly
- practice good respiratory hygiene (such as covering your cough)

GP Clinic

Norfolk Island GP Clinic aims to provide comprehensive coordinated healthcare services promoting health and wellbeing as well as managing illness. We are asking visitors and patients to self-identify respiratory symptoms and phone ahead instead of presenting face to face.

Please continue to help us to reduce the risks of coronavirus on our small community by staying home if you are unwell, wearing a mask and washing your hands.

Hours of Operation

Monday - Friday - 8.30am – 5pm

Saturday & Sunday - Closed

Please call 24134 for appointments only during opening hours.

VISITING SPECIALISTS

Ophthalmology
20th – 23rd Jan

Mammography
20th Feb – 3rd March

Endocrinology
6th – 19th March

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

Knowing how to call Triple Zero (000) in a medical emergency can be the difference between life and death.

If you are faced with a medical emergency, there are a few simple but important things you need to do.

1. Call Triple Zero (000)

You can call Triple Zero (000) 24 hours a day, seven days a week from any landline, pay phone or mobile phone.

2. Ask for an ambulance

When you call Triple Zero (000), you will be asked which service you require - Police, Fire or Ambulance.

In the event of a medical emergency, ask for AMBULANCE.

3. Answer the nurse's questions

You will be connected to a nurse. The nurse will ask you a **standard set of questions** such as:

- Patients name
- Patients age
- Presenting problem

Answering these questions helps us organise the most appropriate service as quickly as possible.

4. Keep calm and be clear

It is important to stay calm. Speak slowly and clearly.

5. Do not hang up. Stay on the line for more instructions

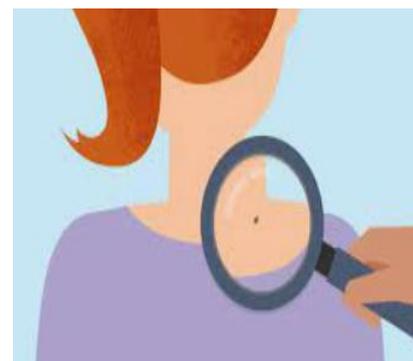
Once you have answered the nurse's initial questions, an appropriate service will be organised.

If you have a life-threatening injury or illness, an ambulance will be sent immediately. The nurse will then ask you additional questions to assist our ambulance en route. Answering these questions does not delay their arrival. The nurse may also provide further assistance and/or medical advice and instructions depending on the medical emergency.

TEST RESULTS & REFERRALS

Test results can be obtained in a booked consultation.

Referrals to specialists must be made during a consultation.



SKIN CHECKS

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