

COVID-19 increase in the community

Please be aware that there is an increase of Covid-19 in the Community.

To help reduce the spread of Covid:

- If you are positive and are unwell, stay at home
- If your symptoms worsen, seek Medical review by phoning the GP Clinic on 24134
- Practice good hand washing

Health & Wellbeing Expo 2024

Only 3 months to the Health & Wellbeing Expo. The Expo will be held on Saturday 3 August at Rawson Hall between 10am – 1pm. If you would like to be an Exhibitor or be a healthy food provider at the Expo this year, please contact Maria Massey on 22687 or email maria.massey@health.nlk.gov.nf and a form will be sent to you to fill in and return to secure your spot.



Skin Cancer

Skin cancer occurs when skin cells are damaged, there are three main types of skin cancer-basal cell carcinoma, squamous cell carcinoma and melanoma which is the most dangerous form of skin cancer.

The sooner a skin cancer is identified and treated, the better your chance of avoiding surgery or, in the case of a serious melanoma or other skin cancer, potential disfigurement or even death.

Become familiar with the look of your skin, particularly spots and moles, so you pick up any changes that might suggest a skin cancer.

Look for:

- any crusty, non-healing sores
- small lumps that are red, pale or pearly in colour
- new spots, freckles or any moles changing in colour, thickness or shape over a period of weeks to months

To read more on Skin Cancer, visit Cancer Council website:

<https://www.cancer.org.au/cancer-information/types-of-cancer/skin-cancer>

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 on 24134 for further information.