



PROTECTING YOURSELF FROM FLU

MY HEALTH RECORD

Inside This Issue

FUN SCHOOL HOLIDAY ACTIVITIES

CHICKEN SOUP RECIPE

LOCAL COUNSELLING SUPPORT

We all experience personal challenges or issues in our lives. We can deal with these by talking to friends or family, or trying to deal with things ourselves. Sometimes issues are too much for us to handle on our own or with family or friends. At these times, getting support from a professional like a counsellor can be helpful.

A counsellor is a trained, objective professional you can build a healing and trusting relationship with. They are trained to offer different types of help, most frequently talk-based styles of therapy. Counselling is a process of talking about and working through your personal problems with a counsellor.

The counsellor helps you to address your problems in a positive way by helping you to:

- clarify the issues
- explore options
- develop strategies, and
- increase self-awareness.

For some people, just telling their story to a counsellor, and being listened to, is helpful.

Counselling provides confidential support. This means everything you discuss with a counsellor is private, between you and the counsellor. The exception is when a counsellor has a duty of care to report

something that threatens your wellbeing or the wellbeing of others. Your counsellor will explain this legal requirement at your first session.

Anyone who is struggling with a personal concern can seek counselling. No issue is too big or too small to ask for support. Common issues people seek counselling for include:

- mental health
- anxiety and depression
- grief and loss
- trauma
- stress
- alcohol and other drugs
- stopping smoking
- communication and relationships
- work and career
- life transitions such as the birth of a new baby, separation or divorce
- parenting
- abuse
- self-esteem
- exploring gender identity and/or sexuality,
- and much more.

NDCH's counselling and mental health nursing services are fully funded, so there's no cost to clients. If you think a counsellor might be able to help you, call us on 5451 0200.

We Acknowledge

ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE AND COMMUNITIES

NDCH acknowledges that our work occurs on the country of the Traditional Owners of the area, the people of Barapa Barapa, Wamba Wamba, Yorta Yorta and DjaDja Wurrung and acknowledge their ancestors who have been custodians of this land for thousands of years.

We acknowledge and pay our respects to their Elders, past, present and emerging, and through them, to all Aboriginal and Torres Strait Islander people.



LGBTIQA+ COMMUNITIES

NDCH proudly supports the LGBTIQA+ communities.



@ndchvic

FIND US ON SOCIAL MEDIA



If you want to stay up to date on our latest news, events and social happenings find us on social media.

JULY 2022

Deadly questions .com.au

You ask. Aboriginal Victorians answer.



“How can outcomes in education for Indigenous kids be improved?”

“I see Indigenous kids every day engaging in the education system, carrying the oldest continuous culture in the world through their veins. I see them dreaming of higher things that isn't just sports and isn't just arts and isn't just dance.

I see kids that want to be marine biologists, that want to be doctors, that want to be lawyers and that want to pave the way for younger generations to follow.

What I see is bright, I don't see negativity. I think that we're part of a narrative and that sixty thousand years of strength and excellence will always outweigh two hundred years of dispossession. It will always outweigh two hundred years worth of struggles.”

BEN ABBATANGELO
Gunaikurnai



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Protect yourself and your family from the flu

- The flu is a highly contagious virus that causes widespread illness every year.
- Immunisation and prevention measures are the best ways we can protect against the flu. This helps reduce the number of flu infections and deaths.
- Yearly flu immunisation is recommended for everyone aged 6 months and older.
- Some people are more at risk of complications from the flu and can get a free flu vaccination.
- People who work or live with people who are at risk of serious complications should also get a flu vaccine.
- You can get a flu vaccine from your GP or local pharmacist. Some workplaces provide flu vaccination programs to workers.
- **The flu vaccine cannot give you the flu because it does not contain any live virus.**
- You can get your flu vaccine and your COVID-19 vaccine on the same day if you want.

For more information, talk to your GP, Nurse Practitioner or Pharmacist

Flu spreads in many of the same ways as COVID-19.

Some extra ways to stop the spread of the flu:

- Hand hygiene (wash with soap 20 seconds or hand sanitiser)
- Face masks
- Clean surfaces
- Sneeze/cough into your elbow (then wash hands)

If you have flu-like symptoms:

- get tested to make sure it's not COVID-19
- stay off public transport
- Stay away from school, childcare, work or public gatherings
- Don't visit family or friends in high risk settings like nursing homes or hospitals



Flu Vaccines FREE for Victorians extended to 10th July

Book in for your flu shot
Call our Medical Clinic on
5452 1366

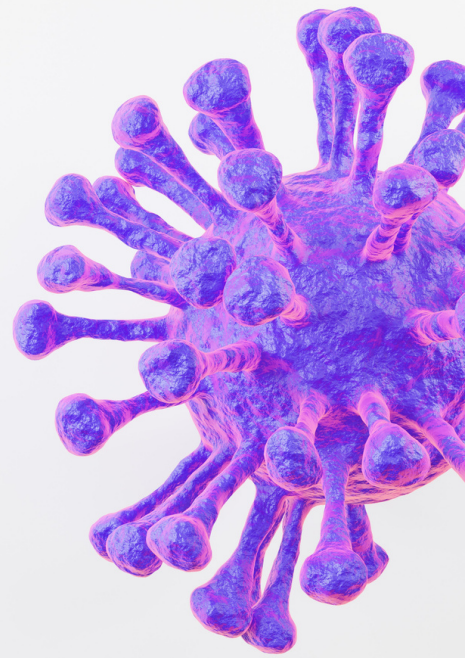


COVID-19 Vaccinations in our medical clinic

1st & 2nd Doses of Pfizer for all eligible age groups including Children 5-11yrs (after school times available)

3rd Doses of Pfizer for people aged 16+ yrs (3 months since 2nd dose)

Phone: 5452 1366



WHAT TO DO IF YOU HAVE



If you test positive for COVID-19, you must:

If you test positive on a RAT, report your result to the Department of Health. Report online at www.coronavirus.vic.gov.au/report or call **1800 675 398** as soon as you can.

You don't need to report your result if you tested positive from a PCR test.

Immediately isolate for 7 days from the day you took your positive RAT or PCR test. For example, if you had the test on a Monday, you would leave isolation any time the following Monday.

Tell your close contacts, workplace and/or education facility you have COVID-19.

Follow your checklist: www.coronavirus.vic.gov.au/checklist-cases.

To see how to manage COVID-19 at home and isolate effectively, visit: www.coronavirus.vic.gov.au/managing-covid-19-home

Staying COVIDSafe

There are things we can all do to make ourselves and others safer. As we live and work, remember these COVIDSafe principles:

- Carry a face mask when leaving home. Face masks are required for everyone aged 8 and over in some places, including public transport and in sensitive settings such as hospitals and care facilities.
- It is strongly recommended that you wear a face mask if you:
 - have any COVID-19 symptoms
 - are with people who may be vulnerable to COVID-19
 - are in a space where you cannot physically distance.
- Reduce risk by keeping 1.5 metres from others, using hand sanitiser and practising good hygiene.
- Ventilation and air filtration helps. Think about opening windows to let the fresh air blow through. Or catching up with friends outside. *But remember to rug up in the cold!*

If you feel safer wearing a mask when you don't have to, that's okay!



COVID-19 TESTING



Screening and Assessment Clinic

Anyone who has any symptoms, no matter how mild, such as a runny nose or scratchy throat, should stay home and get tested. Even if you've been vaccinated, you should still get tested.

If you feel unwell, do not go to a vaccination centre. Get tested!

FOR PCR (SWABBING) TEST:

STEP 1 – PHONE FIRST

5452 1366

Testing is available (by appointment only) at our Medical Clinic, 34 Fitzroy St Kerang.

Monday to Friday – call for a time to have your swabbing done

Having a test is free.

This is **NOT** a standard Medical Clinic service. Walk up appointments are **NOT** available. **You must phone first.**

STEP 2 – STAY HOME

After your test, you must stay home until you get your test results back.

If you have symptoms and are unable to travel, Gannawarra Shire Council is providing a transport service to any testing clinics held in Gannawarra townships. Please call 5450 9333 for this service.

RAPID ANTIGEN TESTS (RATs)

RAPID ANTIGEN TESTS CAN BE DONE AT HOME BY YOURSELF.

Follow Instructions provided. Most tests will provide you with a result in 15 to 30 minutes.

If you test positive using a rapid antigen test:

- You are a considered a positive case
- You must isolate for 7 days and follow the checklist for cases available at www.coronavirus.vic.gov.au/checklist
- You must report your result. In Victoria, go to www.coronavirus.vic.gov.au/report or phone 1800 675 398

If you test positive on a RAT but have no symptoms, it is recommended you get a PCR to confirm

Vaccinations are now widely available for all eligible people, including booster shots. Check NDCH Facebook and community newsletters for local vaccination clinics.

Common symptoms of Coronavirus:

Temperature

Including fever or chills



Breathing Difficulties

Including breathlessness or sore throat



Fatigue or Tiredness



Cough or Runny/Stuffy Nose



Headache or Body Aches and Pains



Lack of Taste or smell, Nausea, Vomiting, Diarrhoea



International Nurses Day 2022

A thousand apologies to one of our highly valued nurses whom we left off our celebration page in the last newsletter! Alex Carter has been with NDCH for over 15 years. Alex (pictured lining up for her COVID-19 vaccination) is one of our Credentialed Diabetes Educators.



My Health Record

What is My Health Record?

Your record is a safe and secure place to keep your key health information, and is available to you and your healthcare providers whenever it's needed, including in an emergency.

What inside?

Key health information like immunisations, pathology and diagnostic imaging reports, prescription and dispensing information, hospital discharge summaries and more, all in one place.

Getting started

You can talk to your GP and other healthcare providers about adding information to your record, including a summary of your medical history and medicines information you'd like included.

NDCH values and protects your information. We take your privacy and confidentiality very seriously. Our Medical Clinic has been using My Health Record with patient consent for some time. Soon, My Health Record will be included in community health services such as nursing, diabetes education, counselling, withdrawal, podiatry and dietetics. These clinicians will have access to view your information in My Health Record. But we will only do this with your consent and when needed in caring for you. Look out for upcoming newsletters where we will have more information on My Health Record and how we protect your information.

For information and access to your record:
www.myhealthrecord.gov.au

FUN THINGS TO DO THESE SCHOOL HOLIDAYS!

Brought to you by  NOCH

Participate in the Gannawarra Library Service Free School Holiday Program:

- Australian Watercolour Workshop
 - Australian Icon Snow globes
 - Australian Biscuit Decorating
- Bookings Essential: Ph (03) 5452 1546*



Take the family along to Kerang or Cohuna Parkrun

- Starts 8am every Saturday
- 5km walk, jog or run
- Friendly, fun and free
- Kerang: The event takes place at the southern entrance at Kerang Regional Park, far western end of Wyndham Street.
- Cohuna: The event takes place at Garden Park, near Gateway Information Centre



Participate in an outdoor scavenger hunt:

- A scavenger hunt is a fun thing you can do at the park, Gunbower National Park, Pyramid Hill Summit Walk, Lake Boort or even in your own backyard
- Google different scavenger hunt lists online or create your own



- | | |
|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> 1 GREEN LEAF | <input type="checkbox"/> BIRD |
| <input type="checkbox"/> 1 BROWN LEAF | <input type="checkbox"/> A WEED |
| <input type="checkbox"/> 3 STICKS | <input type="checkbox"/> BUTTERFLY |
| <input type="checkbox"/> SPIDER WEB | <input type="checkbox"/> TREE |
| <input type="checkbox"/> BUG | <input type="checkbox"/> CLOVER |
| <input type="checkbox"/> WATER | <input type="checkbox"/> FEATHER |
| <input type="checkbox"/> SMOOTH ROCK | <input type="checkbox"/> BEE |
| <input type="checkbox"/> ANTS | <input type="checkbox"/> PINECONE |
| <input type="checkbox"/> FLOWER | <input type="checkbox"/> GRASS |
| <input type="checkbox"/> CLOUD | <input type="checkbox"/> TREE STUMP |

Kids Helpline

If you want to get some things off your chest these holidays and/or would like to talk to a counsellor. Kids Helpline is here 24/7 - call them for free on 1800 55 1800

IN AN EMERGENCY DIAL 000

BEYOND BLUE

Anyone feeling anxious or depressed

beyondblue.org.au 1300 22 46 36

KIDS HELPLINE

Counselling for young people aged 5-25

kidshelpline.com.au 1800 55 18 00

MENSLINE

Men with emotional or relationship concerns

mensline.org.au 1300 78 99 78

ALCOHOL & OTHER DRUGS INTAKE

For people needing help with alcohol & drug issues

www.acso.org.au/aod-mh-support

1300 022 760

REGIONAL MENTAL HEALTH TRIAGE

Assessment service for people experiencing mental illness

1300 363 788

LIFELINE

Anyone having a personal crisis

lifeline.org.au

13 11 14

HEAD TO HELP

Support from experienced mental health professionals

headtohelp.org.au

1800 59 52 12

ORANGE DOOR

People experiencing family violence

orangedoor.vic.gov.au

LODDON: 1800 51 23 59

MALLEE: 1800 29 09 43

VICTORIAN HOUSING SUPPORT

Crisis housing support

1800 825 955

AFTER HOURS GP ADVICE & SUPPORT LINE

1800 022 222

NURSE ON CALL

Caring, professional health advice 24 hours a day

1300 60 60 24

Your COVID Checklist

What to do if you test positive to COVID-19 or if you've been told you are a contact:

www.coronavirus.vic.gov.au/checklist



Chicken Soup

Recipe from Better Health Channel

Serves: 5

Cooking Time: 3 - 3 1/2 hours

Feeling a bit under the weather? Time to make chicken soup. Even better, get someone to make it for you.

The clear, gentle broth will hydrate your body and soothe your throat. The curling steam will help open your nasal passages. The protein-rich chicken will give your body the amino acids it needs to support good health. And the veggies, bursting with vitamins, minerals and antioxidants will boost your immune system and see you on the road to recovery.



Serve with some fresh whole grain bread.

INGREDIENTS

- 1/2 a chicken
- 1 small turnip
- 1 leek
- 1 carrot
- 1 small onion
- 2 celery sticks
- Salt and pepper
- Parsley to garnish

INSTRUCTIONS

1. Place 1/2 a chicken in a large pot. Cover with water. Simmer for 30 minutes.
2. Peel and chop all the vegetables.
3. Add the vegetables, salt and pepper to the pot.
4. Cook slowly for 2 1/2 to 3 hours (or 30 minutes in a pressure cooker).
5. Cool and then refrigerate.
6. Skim off the fat from the top.
7. Reheat and serve with chopped parsley.

Recipes are ideas only. Please think about your own individual dietary needs. Follow servings or daily recommended intake guidelines. Eating the food is your choice.





MEDICAL CLINIC

Patient Information

34 FITZROY STREET
KERANG VIC 3579

5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot
Dr Tobi Kupoluyi
Dr Fungai Zinyowera

NURSE PRACTITIONERS

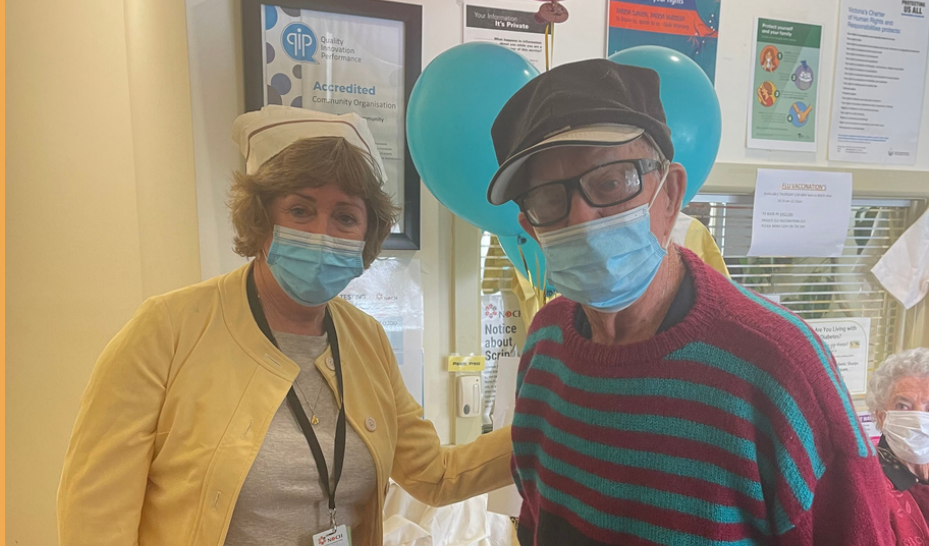
Yvonne Fabry
Heather Spence

NURSES

Jenny Brereton RN (Team Leader)
Shannon Laursen RN
Kristen Hipwell EN
Rosi Bear RN
Michelle Whitelaw EN
Narelle Weekley RN
Sharee Edge RN

ADMIN STAFF

Meryl Metcalfe (Coordinator)
Nicole Betson
Jeanette Schmidt (on leave)
Aliesha O'Neill
Hilda Higgins
Leonie Garner (Casual)
Nick Keely (Casual)
Cassandra Hicks (Casual)
Josephine Metcalfe (Casual)



PRIVACY

This practice is committed to maintaining the confidentiality of your personal health information. Your medical record is a confidential document. It is the policy of this practice to maintain the security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

PRESCRIPTIONS

All patients must be seen for repeat prescriptions. No phone or over the counter prescriptions will be taken. You may need a blood pressure or blood sugar check, or pathology which is ordered by your doctor. This ensures better health care for you and your family.

Scripts for Schedule 8 Medications (and some schedule 4) will not be given at your first consultation and only prescribed when your Doctor establishes your treatment plan with you.

FEES

All accounts are required to be paid on the day of visit. The standard fee is \$80. Fees vary according to time/or services provided. Your claim will be sent to Medicare electronically who will pay your rebate direct to your nominated bank account. **We are not a bulk billing clinic.**

AGE & DISABILITY PENSION CARD HOLDERS

Pension card holders will be charged an out of pocket fee of \$40 payable on the day for three visits each calendar year.

HEALTHCARE CARD HOLDERS

Healthcare card holders will be asked for a \$40 Gap Payment each visit instead of the \$80 pay on the day fee.

Online appointments can be made by visiting:
www.ndch.org.au

PHONE CALLS

If you need to speak to a Doctor during business hours, your call will be returned at the Doctor's earliest convenience. Please be prepared to leave your contact details with the Medical Reception. If you have an abnormal test result you will be contacted by the Doctor or clinic staff.

COMPLAINTS

We welcome your suggestions, complaints and compliments. Complaints should be addressed to the CEO of NDCH. If you are unhappy with how we manage your complaint, you can contact the:

Health Complaints Commissioner

Phone: 1300 582 113

Level 26, 570 Bourke Street, MELBOURNE VIC 3001.

HOURS AND APPOINTMENTS

Monday to Friday: 8.45am - 5.30pm

Consultations are by appointment only

Double appointment times can be made by request. Please let staff know if there are any specific needs. We would appreciate early cancellations where possible to allow us to contact other patients we may have on a waiting list.

OUT OF HOURS EMERGENCIES

In the event of a medical emergency please ring 000. For urgent after hours care, please attend or call Kerang District Health on (03) 5450 9200. If you are seen by one of our Clinic Doctors at Hospital, please be aware that a \$50 co-payment will be charged.

Clinic Services

- GP Consultations
- Health Assessments
- Nurse Practitioner Consultations
- ABI (Ankle-Brachial Index Test)
- Medicals
- Immunisations
- Travel Vaccines
- GP Management Plans
- GP Mental Health Plans
- Specialist Referrals
- Ear Wash
- Skin Check Biopsy & Excision
- Cryotherapy
- Diathermy
- Spirometry (Lung Function Test)
- 24 Hour BP Monitoring
- 24 Hour Heart Monitoring
- ECG (electrocardiogram)
- Hearing Aid Specialist
- Telehealth Services
- Cardiologist

Procedures have a practice fee.
Call our Medical Receptionists for appointments or information:
5452 1366.



**Pathology
 services
 onsite
 Mon to Fri!**



Contact Us

KERANG

Community Health

24 Fitzroy Street
Monday to Friday
8.30am to 5.00pm
Phone: 03 5451 0200
Fax: 03 5452 2486
Email: info@ndch.org.au
SMS: 0428 575 597

Medical Clinic

34 Fitzroy Street
Monday to Friday
8.45am to 5.30pm
Phone: 03 5452 1366
Fax: 03 5450 3232
Email: clinic@ndch.org.au

COHUNA

25 King Edward Street
Monday to Friday
9.00am to 4.00pm
Closed 12 Noon to 1.00pm
Phone: 03 5451 0250

PYRAMID HILL

12 Victoria Street
Monday to Friday
9.00am to 10.00am
(other times by
appointment)
Phone: 03 5455 7065

BOORT

119-121 Godfrey Street
Open by appointment only
Phone: 03 5451 0260

QUAMBATOOK

33 Mildred Street
Mon, Wed and Friday
9.00am to 10.00am
(other times by
appointment)
Phone: 03 5457 1300

We share professional
spaces in Koondrook,
Charlton, Sea Lake, Donald
& Wycheproof too.



NDCH

Thanks For Reading

www.ndch.org.au

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*Although funding for this nursing and allied health service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



HEALTHY WORKPLACES Achievement Program

We're creating a
healthier workplace

