



NDCH

NEWSLETTER

FEBRUARY 2022

MANAGING COVID-19 AT HOME

COVID VACCINATION CLINICS

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FEBRUARY WORD SEARCH

THAI BEEF SALAD RECIPE

LOOKING OUT FOR EACH OTHER

NDCH CEO Mandy Hutchinson is reminding people of the importance of looking out for each other as we continue to deal with COVID-19. "It's been a long two years of managing the coronavirus," Ms. Hutchinson said. "Individually and as a community, we've all had to change the way we do things to try and stay safe. And we might feel over it, but we need to keep on doing what we can to keep ourselves, our families and our communities safe."

With Victoria "opened back up" last year, rural and regional communities saw COVID-19 numbers grow locally. Many communities saw cases for the first time in the whole pandemic. Ms. Hutchinson said while local and regional health and community services have been working together to protect everyone from the virus, individuals have played a huge part in protecting communities. She said there is still a lot we can do every day to reduce the risk of getting COVID-19.

"Omicron may be less severe than Delta, but it is more contagious and could still cause serious illness, hospitalisation and even death for some people," Ms. Hutchinson said.

The importance of following Department of Health guidelines around isolation, testing, vaccination, and mask wearing are still important. "And if you become positive with COVID, it's important to follow the checklists and take care of yourself," Ms. Hutchinson said. "We have to take care of ourselves and each other just dealing with the pandemic. It's been exhausting and frustrating. But it's even more important to take care of ourselves if we become unwell."

Anyone who is worried and looking for information about COVID-19 can call Nurse on Call on 1800 60 60 24 or the Victorian COVID-19 hotline on 1800 675 398. Local health services are committed to caring for all members of the community.

Ms. Hutchinson said if people cannot get the support they need from the help lines or their GP to contact NDCH, Cohuna District Hospital, Boort District Health or Kerang District Health and "we will do our best to get the information to you." Local health services and government continue to meet regularly to discuss how best to support the community.

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

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.

FEBRUARY 2022

Deadly questions .com.au

You ask. Aboriginal Victorians answer.



"What's the thing with mentioning the name of the dead or their photograph?"

"Some (but not all) Aboriginal cultures have prohibitions on naming or depicting deceased people. Mourning periods may last for a long time during which these prohibitions will be in effect. The deceased may also be referred to by another name. Warning viewers before programs which contain or may contain the images or names of deceased Aboriginal people is a way of showing sensitivity to these cultural requirements."

ABORIGINAL VICTORIA

"Why are Aboriginals called Koori?"

"Aboriginal people from Victoria and NSW are identified as Koori. It represents which state you come from, which Mob you belong to. Victoria and NSW are both my family's country."

GABRIELLE JOHNSON

Wemba Wemba, Wiradjuri, Gunditjmarra



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GET YOUR COVID 19 VACCINE

Our Medical Clinic is now taking bookings for **Pfizer** COVID-19 vaccinations
Children 5-11yrs (including after school sessions) and 12yrs and over
1st/2nd and 3rd doses Phone now to book in 5452 1366

The age for 3rd dose vaccination has now changed down to 16yrs+
If you're aged 16 to 17 years and you had your second vaccination 3 or
more months ago, you're now due for your 3rd dose



Managing COVID-19 at Home

Managing COVID-19 at home when you have milder symptoms is safe and appropriate. It keeps hospital beds free for people who are seriously unwell and need urgent medical treatment.

- **For mild symptoms:** rest and recover at home.
- **For worsening symptoms:** Contact **Nurse on Call 1300 606 024**, a GP, or your local pharmacist.
- **For severe symptoms:** get immediate help and **[call 000 if it's urgent](#)**.
- If you need a translator, call **1800 675 398 and dial 0**.
- To see what else you need to do if you test positive, including isolating and telling contacts, see: **www.coronavirus.vic.gov.au/checklist**
- For information about COVID-19 care for children, visit The Royal Children's Hospital website: **www.rch.org.au**
- When you are at home with COVID-19 you may be contacted by a healthcare worker from the COVID Positive Pathways program to check you have the support you need.

It is very important to keep an eye on the symptoms when you or someone you care for gets COVID-19. This is especially important if you or they feel, especially if the symptoms are getting worse. It's also important to get support to match your symptoms.

**GET THE
RIGHT HELP
FOR YOUR
RECOVERY**

Mild symptoms: rest and recover at home

You can safely stay at home if you or the person you are caring for has any of these symptoms:

- runny or blocked nose
- sore throat
- aches and pains
- cough
 - dry cough or coughing up mucous
 - if you usually have a cough, it may be worse than usual
- feeling more tired than usual
 - but able to get out of bed, walk around the house and do normal daily activities
- headache
- loss of or change in taste and smell
- loss of appetite or nausea
- vomiting or diarrhoea
- a temperature above 38 degrees Celsius
- shakes or shivers
- feeling sad, worried, or frightened
- dizziness or light-headedness
 - but not feeling like you might faint or fainting
- mild shortness of breath when walking briskly, upstairs or coughing
 - but still able to speak in full sentences without becoming out of breath
 - no difficulty breathing when remaining still, getting dressed or eating and drinking.

Someone with mild symptoms should be able to speak in full sentences and move around the house to do normal activities without becoming breathless.

What do I do?

Someone with mild symptoms is unlikely to need medical attention. You should monitor these symptoms and:

- rest
- drink plenty of water (aim to drink 2 to 2.5 litres a day) ***continued on next page...***

continued...

- if you have vomiting or diarrhoea, drinking oral rehydration fluids such as Gastrolyte and Hydralyte
- eat healthy food
- take over the counter pain medicine such as paracetamol or ibuprofen if you feel uncomfortable. Pregnant women should not take ibuprofen.
- continue to take your regular medicines

Worsening symptoms: Contact Nurse on Call or your GP

Contact **Nurse on Call (1300 606 024)**, a GP or the COVID Positive Pathways Program if you are enrolled, if you or the person you are caring for develops any of the following symptoms:

- mild shortness of breath when walking around the house
 - but still able to speak in full sentences without becoming out of breath
 - no difficulty breathing when remaining still, getting dressed or eating and drinking.
- little or no urination
- unable to eat and drink anything for a prolonged period
 - more than 24 hours without eating anything
 - 12 hours without drinking anything

Or if you feel that:

- the symptoms are getting worse, something is wrong and you are concerned the ill person is getting much worse
- you are unable to take care of yourself and others are unable to take care of you (things like showering, putting on clothes, going to the toilet or making food).

What do I do?

Contact **Nurse on Call 1300 606 024** or a GP as soon as possible to discuss the worsening...

...symptoms. If you are already in the COVID Positive Pathways program, report your worsening symptoms by completing any symptom surveys sent to your mobile or using the phone number or other contact details provided to you.

Severe symptoms: get immediate help

You should call **Triple Zero (000)** if any of the following happens to you, or the person you are caring for:

- severe shortness of breath or difficulty breathing
 - becoming short of breath even when resting and not moving around
 - becoming breathless when talking or finding it hard to finish sentences
- breathing gets worse very suddenly
- chest pain or discomfort
 - severe or constant
 - not only on coughing or with movement
- lips or face turning blue
- skin cold, clammy, pale or mottled
- severe headaches
- passing out due to dizziness or light-headedness
- unable to get out of bed or look after self or others
- confusion (for example, can't recall the day, time or people's names)

What do I do?

Call **Triple Zero (000)** immediately if you, or the person you are looking after, gets any of these symptoms. Do not wait to see if the symptoms change. If you have any of these symptoms and you wait to get help, you could die at home.

- When you call an Ambulance (dial 000), let the operator know you have COVID-19 so the paramedics know how to treat you safely.

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

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

NDCH February Word Search

G	P	A	P	P	O	I	N	T	M	E	N	T	T
O	P	O	D	I	A	T	R	I	S	T	F	O	F
U	S	N	O	I	T	A	S	I	N	U	M	M	I
H	U	A	C	F	S	E	T	V	E	R	E	A	M
O	M	T	T	Y	U	N	A	S	E	G	Z	U	N
T	M	L	O	R	E	L	O	T	H	N	O	C	E
W	E	E	R	D	E	D	T	E	E	I	M	O	G
E	R	D	U	N	D	S	T	U	A	T	I	M	I
A	I	T	T	R	R	A	L	N	L	S	C	M	T
T	S	I	I	I	L	F	I	N	T	E	R	U	N
H	N	H	F	O	N	A	T	T	H	R	O	N	A
E	T	T	S	I	A	U	T	U	M	N	N	I	M
R	A	I	N	E	R	A	C	T	O	O	F	T	T
C	N	A	T	L	U	N	C	H	B	O	X	Y	T

- FIRST TERM
- HOT WEATHER
- COMMUNITY
- THIRD DOSE
- DOCTOR
- PODIATRIST
- GP APPOINTMENT
- AUTUMN
- ISOLATE
- HEALTH
- FOOTCARE
- LUNCH BOX
- STUDENT
- IMMUNISATION
- ANTIGEN
- INFLUENZA
- SUMMER
- VALENTINE
- OMICRON
- RAIN
- RESTING
- DELTA

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





Breast screening—finding cancer early could save your life

Over 50? Visit BreastScreen Victoria's Mobile Screening Service:



Free



Takes 10 minutes



No need for
doctor's referral



With a female
radiographer



Available near you
throughout Victoria

7 February 2022 – 31 March 2022

**RSL DRIVE (LANE DIRECTLY BEHIND WOOLWORTHS CARPARK
AND MEMORIAL HALL), KERANG**

Book at breastscreen.org.au or call **13 20 50**



TTY
13 36 77



Interpreters
available
13 14 50



Thai Beef Salad Recipe

Recipe from www.dietitiansaustralia.org.au

Serves: 2

Prep time: 10 mins

Time to make: 40-50 mins

INGREDIENTS

- ½ cup cashews
- 2 tbsp sesame seeds
- 1 tbsp honey
- olive oil
- 300g fillet steak (porterhouse, eye fillet or scotch fillet)
- salt and pepper (to season)
- 2 limes, juiced
- 2 tbsp fish sauce
- 1 long red chilli, sliced
- 1 tsp brown sugar
- 1 cup mixed lettuce leaves
- ½ bunch fresh herbs (coriander, basil or mint)
- 1 cucumber, cut into fine ribbons
- 1 carrot, cut into fine ribbons
- 1 cup bean sprouts, rinsed
- 1 cup rice noodles, cooked

NUTRITION INFO

(per serve)

- Energy 3422 kJ (818 calories)
- Protein 48g
- Total Fat 43g
- Carbohydrates 51g
- Saturated Fat 9g
- Sugars 23g
- Dietary Fibre 10g
- Sodium 2154mg



INSTRUCTIONS

1. To make the sticky cashews heat a small fry pan over medium heat, drizzle a small amount of olive oil and toss through the cashews (careful not to burn them), add honey and sesame seeds. Stir until the sesame seeds are coating the cashews. Remove cashews from pan and set aside to cool.
2. Place steak onto a sheet of grease proof paper, generously season each side with salt and pepper and drizzle with olive oil. Wipe pan clean and place back onto the heat; once hot add steak, cook on each side for three minutes. Remove from pan and allow to rest for five to ten minutes.
3. To make the dipping sauce combine lime juice, fish sauce, chilli and sugar; alter according to taste. In a mixing bowl combine lettuce leaves, herbs, cucumber, carrot, bean sprouts and rice noodles, stir and coat with half the dipping sauce.
4. Divide salad onto two plates, top with thin slices of rested meat, fresh chilli, sticky cashews and extra dipping sauce.

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.

Patient Information

34 FITZROY STREET
KERANG VIC 3579

(03) 5452 1366

DOCTORS

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

NURSE PRACTITIONER

Mrs Yvonne Fabry

NURSES

Jenny Brereton RN (Team Leader)
Shannon Laursen RN
Kristen Hipwell EN
Rosi Bear RN
Lana Wishart EN
Leanne Cooke EN
Michelle Whitelaw EN
Narelle Weekley RN

ADMIN STAFF

Meryl Metcalfe (Coordinator)
Nicole Betson
Jeanette Schmidt (on leave)
Aliesha O'Neill
Leonie Garner
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 Northern District Community Health or contact the

Health Complaints Commissioner

on 1300 582 113

or at

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 the 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
- Psychologist
- Cardiologist

**Procedures do incur a practice fee.
Please contact our Medical
Receptionists for appointments
and further information on
(03) 5452 1366.**



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 also have Shared Professional Spaces in Koondrook, Charlton, Sea Lake, Donald and Wycheproof.



NDCH

Thanks For Reading

www.ndch.org.au

NDCH acknowledges the support of the Victorian Government. NDCH is supported by funding from the Victorian Government under the HACC Program.

NDCH is supported by the Australian Government Department of Health.

*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.

