



KIRRAE HEALTH  
SERVICE INC.

STAY HOME AND STAY SAFE



## Flu needle info Page 3

# MAY 2020

### Doctors

Dr Hall – 5<sup>th</sup>

Dr Chandan- 7<sup>th</sup>, 12<sup>th</sup> & 26<sup>th</sup>

Dr Hedgland – 21<sup>st</sup>

### Inside Newsletter

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Senator Briggs  
@Briggs

Always Wash, Always dry them! Aboriginal hands!

@MollyDHunt



**If clients need something urgently, all avenues will be explored to see what services can be accessed keeping in mind client and clinician safety – Fabian McLindin, Kirrae Health Program Team Leader (RN)**

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Email: info@kirrae.org.au

Servicing the Framlingham Community Since 1976



## **Birthdays**

Corey Harradine 1<sup>st</sup>

Charlie Clark Jr 4<sup>th</sup>

Jaymee-Lee Chatfield 4<sup>th</sup>

Cruz Chatfield 5<sup>th</sup>

Dylan Fitzgerald 16<sup>th</sup>

Lionel Harradine 20<sup>th</sup>

Iziah Harrison 23<sup>rd</sup>

Jidah Clark 26<sup>th</sup>

Ann Litster 29<sup>th</sup>



Sorry if any of the Birthdays are wrong. If so can you please come update your details at Reception.

## **Who we are**

*Kirrae Health Service exists in order to Service the physical, mental and emotional health needs of the Framlingham Aboriginal Community and surrounds in a manner that is effective, Culturally sensitive and acceptable to the Community.*

### **What services do we provide?**



#### **Community health**

- Health workers
- GP'S & RN
- Optometry etc
- Chronic disease management
- Health checks & more



#### **Home & community care - CHSP**

- Assessment
- Home maintenance
- Social support groups
- Access to homecare and personal care
- Planned activity group



#### **Children's activities**

- Playgroup
- Holiday program
- Koko blokes



#### **Social emotional and wellbeing program**

- Advocacy support
- Counselling (individuals, families, children)
- Case management
- AOD

# Flu Vaccination

Dear all,

It's Flu Vaccination time of the year. Whilst we can't hold our usual great Flu Night with excellent meal and bursting at the seams people, we will still be administering flu vaccinations with good safety precautions in place.



There will be separate clinics held for people who live on the settlement vs a clinic for folks who live in town because as IF we would forget you!

Families or Individuals will be contacted by us and booked in for an appointment. You will be asked to wait in the car park until you are directed to enter the health service by waiting staff. Please respect all social distancing guidelines at this time, even for the gorgeous kiddies who will just want to rush up to staff they love and chat, chat, chat!

After your vaccination you will be asked to wait in your car for the required 15 minutes as per immunization guidelines. A staff member will let you know when your time is up and you can safely head on home.

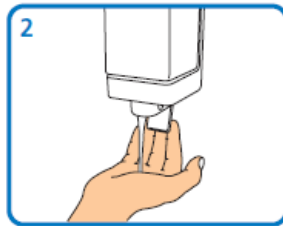
We will ask that all non- settlement residents DO NOT visit anyone on the Mish before or after your vaccination. We want to keep everyone safe so it will be: GET IN, GET A JAB, GET OUT...



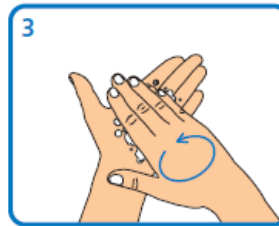
# Hand-washing technique with soap and water



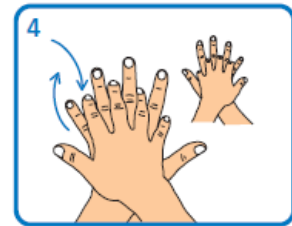
1  
If your happy and you  
know it,



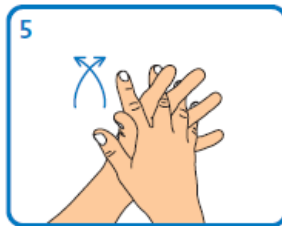
2  
wash your hands



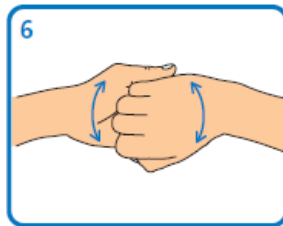
3  
If your happy and you  
know it,



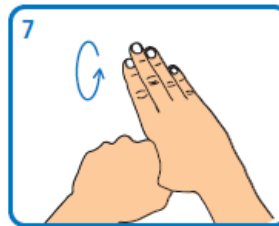
4  
wash your hands



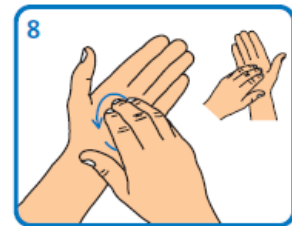
5  
If your happy and you  
know it,



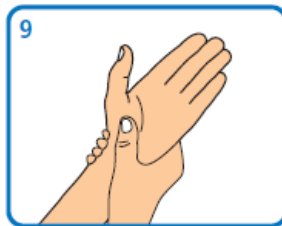
6  
And you really want to  
show it



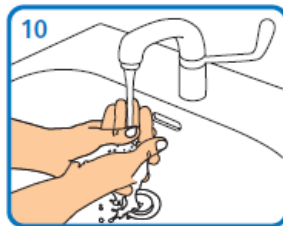
7  
If your happy and you  
know it, wash your hands.



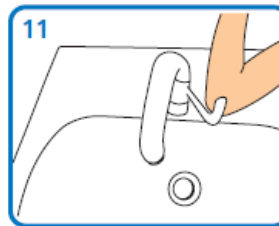
8  
If your happy and you  
know it, wash your hands



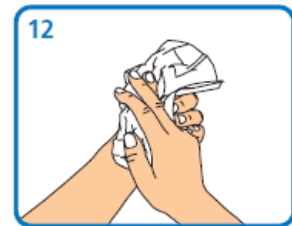
9  
If your happy and you  
know it, wash your hands



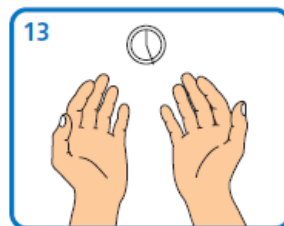
10  
If your happy and you  
know it



11  
and you really want to  
show it



12  
If your happy and you  
know it

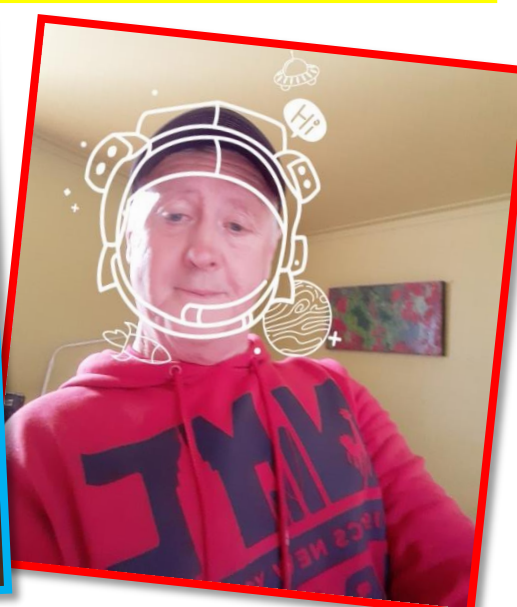
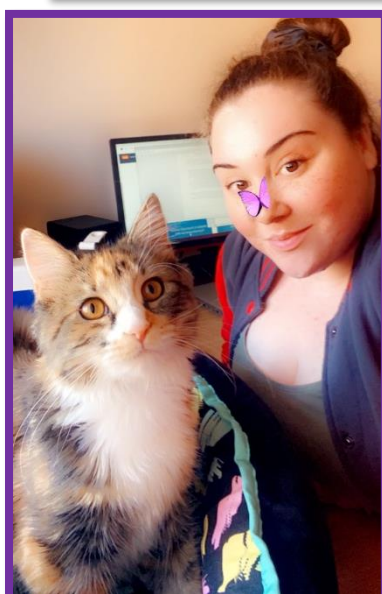
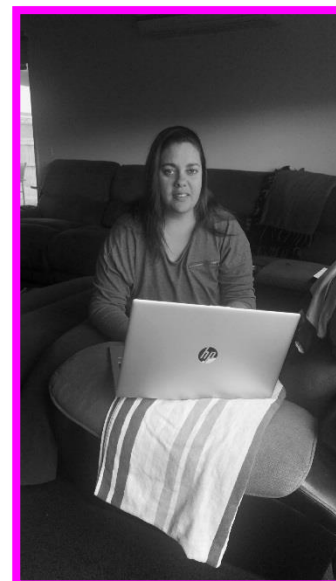


13  
Wash your hands

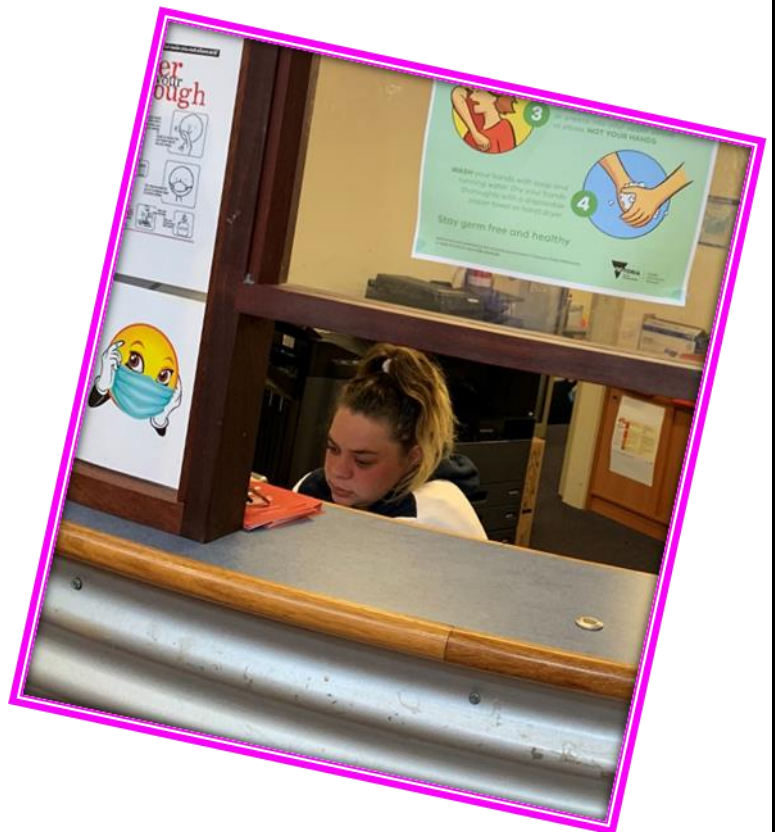
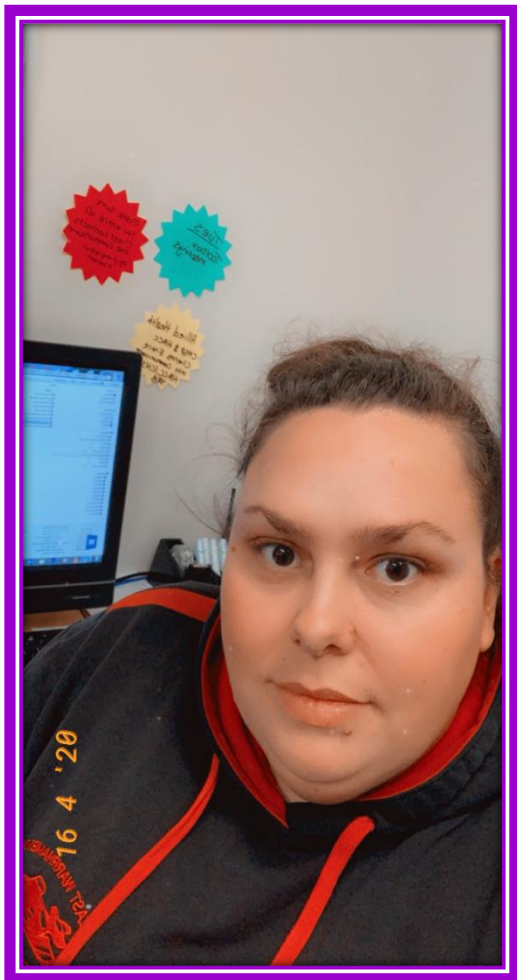
**STICK THIS PAGE NEXT TO THE SINK FOR KIDS**



# Check out our staff working from home



# Staff still working hard onsite





# Mother's Day Card Ideas



- **Supplies:**
- Blue and random color paint for the flowers (we used red, yellow, orange, pink, and purple)
- Green, Yellow, White, and random color craft paper for the background (we used pink and yellow)
- 3 green straws (we used paper straws because they come with cute designs)
- Clear tape
- Glue/glue dots
- Craft paper (I like using cardstock for handprint crafts)
- Paint brushes



## ***Footprint Heart with Poem*** ***Keepsake Instructions:***

- Paint feet and press on to paper in a "V" Shape.
- Draw the outline of a heart around it and cut it out.
- Glue on to a bigger piece of paper.
- Outline with glitter.
- Write the following saying: *"From the bottom of my heart to the tips of my toes, I love you!"*



# SEWB

The SEWB program of Maddi, Melissa, Aaron and Brian are still out and about offering support during these difficult times.

We are available and we can come up with ideas of how best we can work with you. This could be by Phone, facetime, skype whatever will suit you.

We have been actively trying to catch up with our current clients, some days with limited success. We won't stop trying to check in with you all but you have to be aware that your continued contact with our service is important to us. Given that, If and when things start to get busy we may have to prioritise our contacts with you all and therefore this may limit what together with you can be achieved.

There is no time like the present to make some supported change in your and your family's lives.

Feel free to call or respond to our calls on:

55671270 KHS Reception

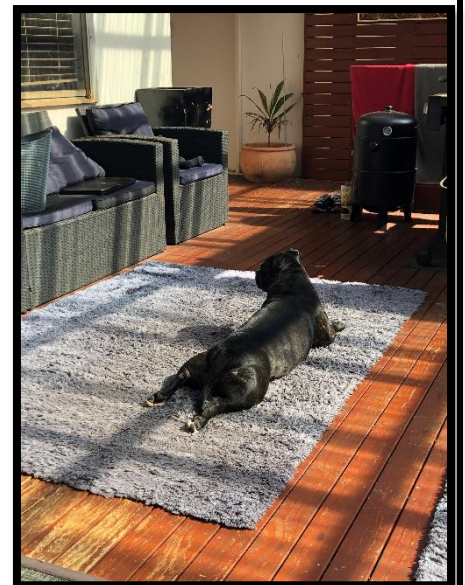
AOD Aaron 0402863460

AOD Melissa 0484757751

SEWB Maddi 0413365480

SEWB Brian 0484701867

These are Melissa &  
Maddi's animals helping  
them through working at  
home





# SEWB

## Support Harm Reduction

**Most drug using behaviours can increase the risks of Covid-19 transmission.**

Whether you are smoking a joint, snorting cocaine, or injecting heroin - basic precautions can reduce these risks.

It's all common sense, but worth reinforcing; essentially combining existing Covid-19 transmission prevention advice with established harm reduction practices.

Eating well, getting enough sleep, staying hydrated can all boost your immune system.

Big nights out and regular use of drugs can suppress your immune system and make you more vulnerable to infections so this might be a good time to cut back.

Healthy living, moderation and periods of abstinence, and looking out for your friends are obviously good ideas more generally.

People over 65 and people with certain pre-existing medical conditions (including heart disease, respiratory illness, diabetes, or people who are immuno-compromised) are much more vulnerable to coronavirus and should take these precautions very seriously.

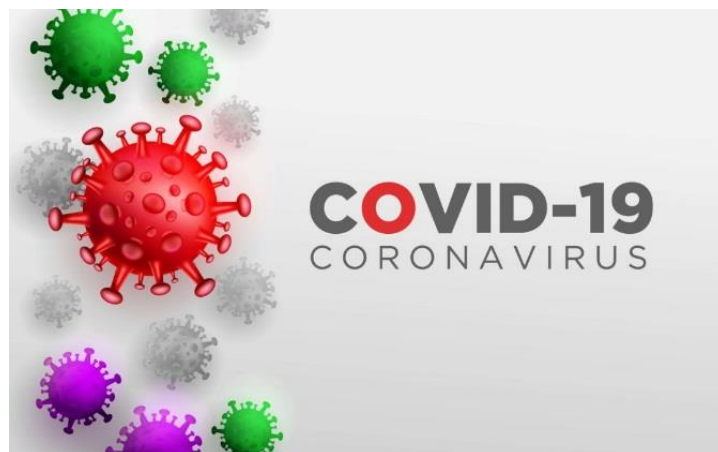
***People less vulnerable to the effects of Covid19 still have a responsibility to help not spread it.***

★ Covid-19 can be spread via

- saliva
- via hard surfaces
- hand to mouth.

★ So, for the time being avoid sharing

- cigarette
- joints
- pipes
- bongs
- vapes
- glasses
- cups and
- Bottles.



- ★ Just because alcohol is in hand sanitiser does **not** mean drinking it will protect you.
- ★ Try something else; read a book, meditate, paint some watercolours of eerily deserted streets – whatever floats your boat.

★ OVERALL STAY SAFE!

## STAGE 3 RESTRICTIONS



The Victorian Government is directing all Victorians to stay at home, restricting sporting, cultural, recreational and commercial activities to help limit the spread of coronavirus (COVID-19).

### ⊘ STAGE 3 RESTRICTIONS ⊘

⊘ You CAN NOT gather in groups of more than two persons; this does not apply to members of the same household, work or education settings.

⊘ If you are seen breaking the law, on the spot fines of \$1652 will be given, people can also be arrested/detained for failing to comply with orders.

⊘ Playgrounds, skate-parks and outdoor gyms will be closed.

- ✓ There are only FOUR reasons to leave home- to get medical care, to go to work/school, daily outdoor exercise and to buy essentials when you need them
- ✓ Stay local and stay home, look after yourselves and each other



**If you can stay home, you must stay home.**

**Staying home helps slow the spread of the virus**





## Information on the use of surgical masks

### Should I wear a surgical mask?

Most people will not benefit from wearing a surgical mask. Masks are of benefit to people who are sick so they don't cough on others, and health care workers who have frequent, close contact with sick people.

#### General public

Surgical masks in the community are only helpful in preventing people who have coronavirus disease from spreading it to others. If you are well, you do not need to wear a surgical mask as there is little evidence supporting the widespread use of surgical masks in healthy people to prevent transmission in public.

Specific requirements are in place for people who have returned from a country or region that is at high or moderate risk for COVID-19, or think may they have been in close contact with a confirmed case of coronavirus. Go to [www.health.gov.au/covid19-travellers](http://www.health.gov.au/covid19-travellers) for the list of at-risk countries and isolation requirements.

If you are required to isolate, you should use a surgical mask (if you have one) in the following circumstances:

- You need to leave your home for any reason and will be in public areas
- You are visiting a medical facility
- You have symptoms and other people are present in the same room as you.

#### Suspected case

If you are suspected of having coronavirus disease, your primary care provider will give you a surgical mask to wear when you enter the emergency department or general practice.

This is a precaution to reduce the risk of spreading COVID-19, especially through coughing.

You should follow your primary care provider's advice on how to fit and wear the surgical mask. You should continue to use the surgical mask in all public places until you are advised otherwise by public health authorities.

If you are suspected of having coronavirus, you can find more information at [www.health.gov.au/covid19-resources](http://www.health.gov.au/covid19-resources).

#### Confirmed case

If you are confirmed to have coronavirus disease, follow the advice of your primary care provider and public health authorities on wearing a surgical mask. You should wear a surgical mask if you need to leave the house; when you are in contact with health care workers; or, when other people are in the same room. If your health care provider has issued you with a surgical mask, please follow their instructions regarding the safe use and appropriate disposal of masks.

#### Health care workers

During the course of their work, health care workers may be exposed to patients who are suspected or confirmed of having COVID-19. When caring for patients with suspected or confirmed COVID-19, health care workers are required to wear appropriate personal protective equipment (PPE) (masks, gloves, eye shields and/or gowns) to protect themselves from infectious illnesses and help stop the spread of disease. The PPE required will depend on the



# FACT SHEET NATIONAL HEALTH PLAN

## SUPPORTING TELEHEALTH CONSULTATIONS

### Helping you get your medicine if you are confined to your home

As part of the National Health Plan, telehealth can now be bulk-billed and Electronic Prescribing is being fast-tracked, with work to upgrade the doctor and pharmacy software well underway. It is expected to be ready by May 2020 (refer to the fact sheet [here](#)) but there are options immediately available to support telehealth services so you can get medicine sent directly to you at home.



#### How do I get medical services if I can't leave my house?

Doctors, nurses and mental health professionals are able to deliver bulk-billed services via telehealth until 30 September 2020 via phone or video conferencing. More information on telehealth can be found [here](#).

#### How do I get a prescription if I have a telehealth consultation?

Your doctor will still create a paper prescription during your telehealth consultation. They can also create a clear copy of the entire prescription (a digital image such as a photo or pdf) to send to your preferred pharmacy via email, text or fax for delivery of your medicine to your home.

If you prefer, your doctor can send your paper prescription to you in the mail, allowing you, a family member or friend to obtain your medicine from the pharmacy of your choice.

Prior to your telehealth consultation, you may wish to consider the following:



If you do need a prescription and would like your medicine delivered to your home, which pharmacy would you like your doctor to send your prescription to?



You may also like to contact your pharmacy and ask if they have your medicine in stock and confirm if they are providing home delivery services.



Confirm that your doctor has your current address on their system.

#### How do I get my medicines if I'm confined to home?

If you have asked your doctor to send on a copy of your prescription to your pharmacy, your pharmacy will deliver your medicines to the address on your prescription and discuss payment arrangements.

If you have chosen to receive your prescription via mail, a family member or friend can obtain your medicine from your pharmacy on your behalf.

#### How do I fill an existing prescription or repeat if I am confined to my home?

If you have an existing paper prescription or repeat and are confined to your home, you will need to ask someone to visit your pharmacy on your behalf with the paper prescription. If this is not possible you can obtain a new prescription from your doctor via a telehealth consultation and ask your doctor to send on a copy of your prescription to your pharmacy.

**Please note: these interim arrangements are temporary and will cease in accordance with the COVID-19 National Health Plan telehealth measure (currently ceasing on 30 September 2020).**

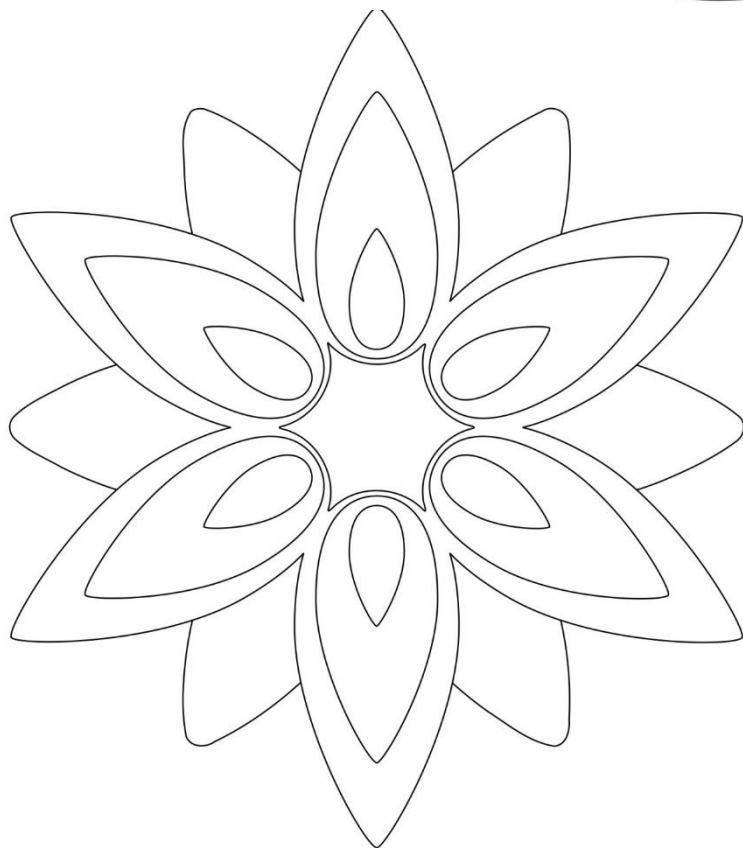
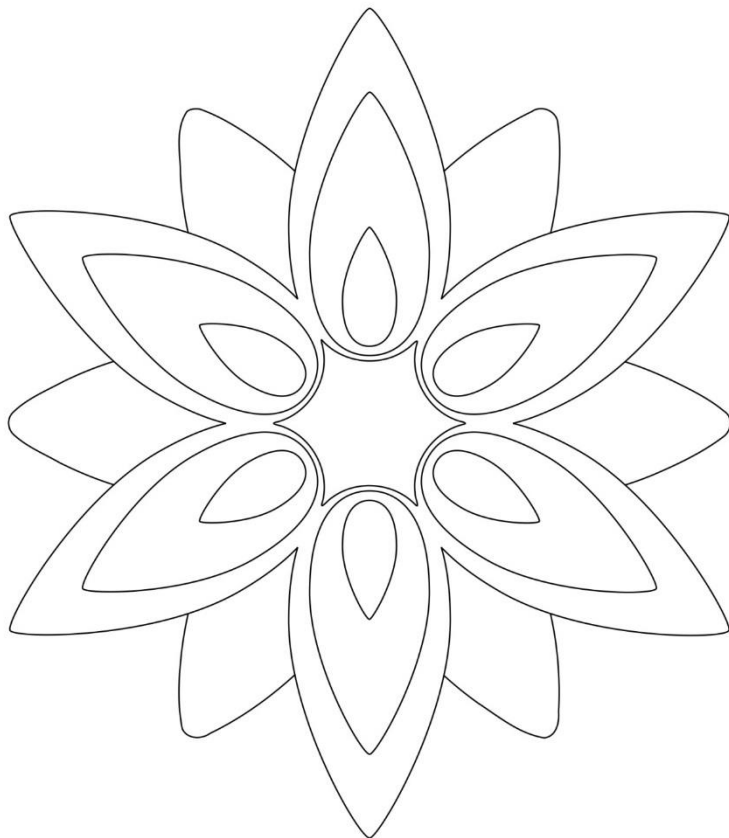
# BLOOMING PAPER FLOWERS

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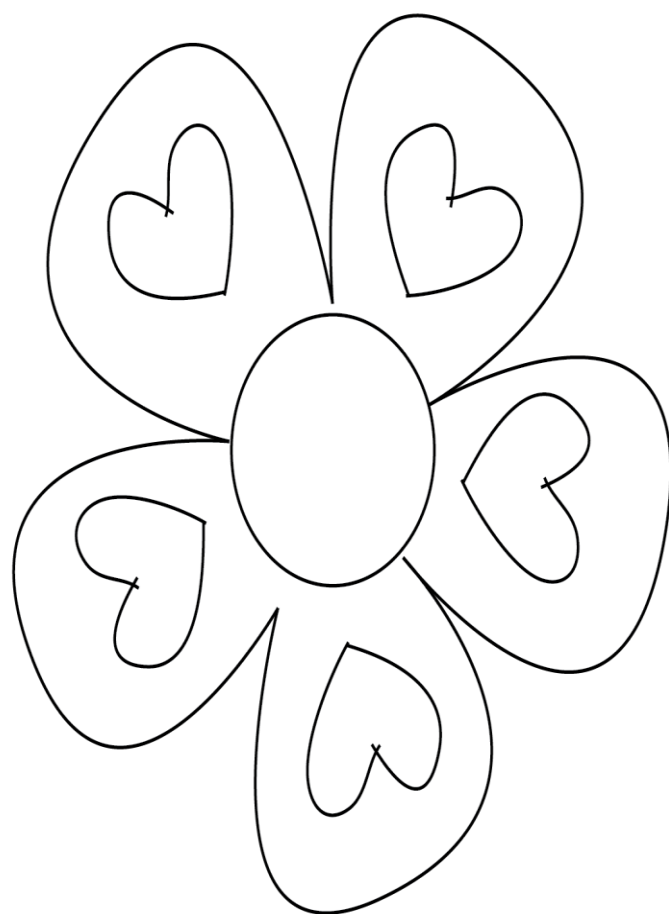
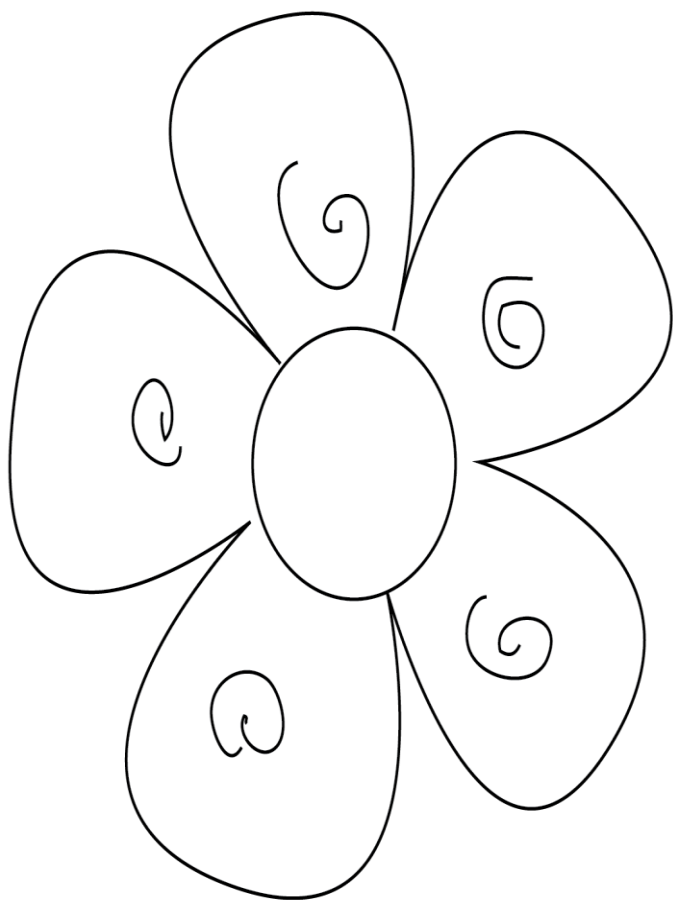
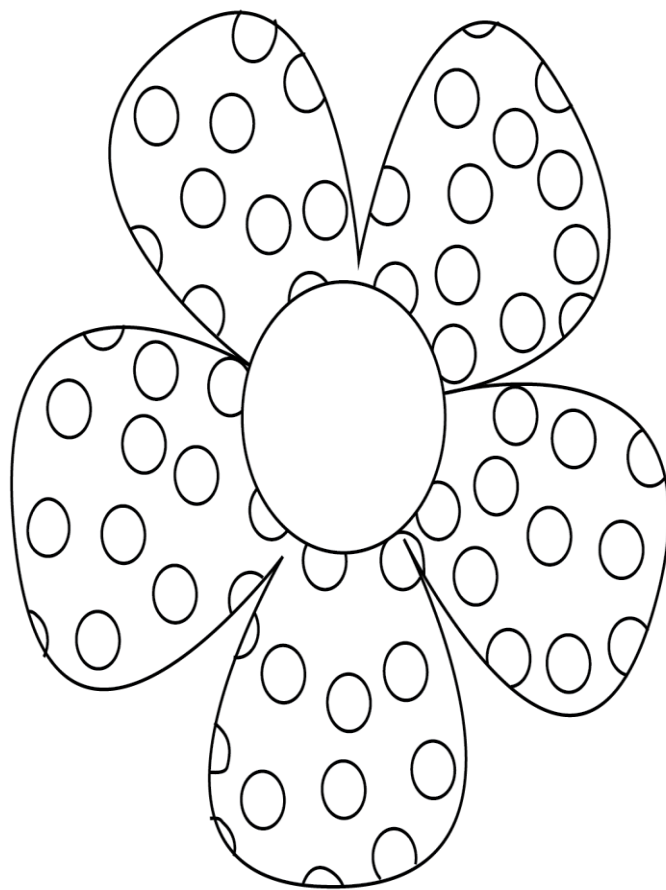
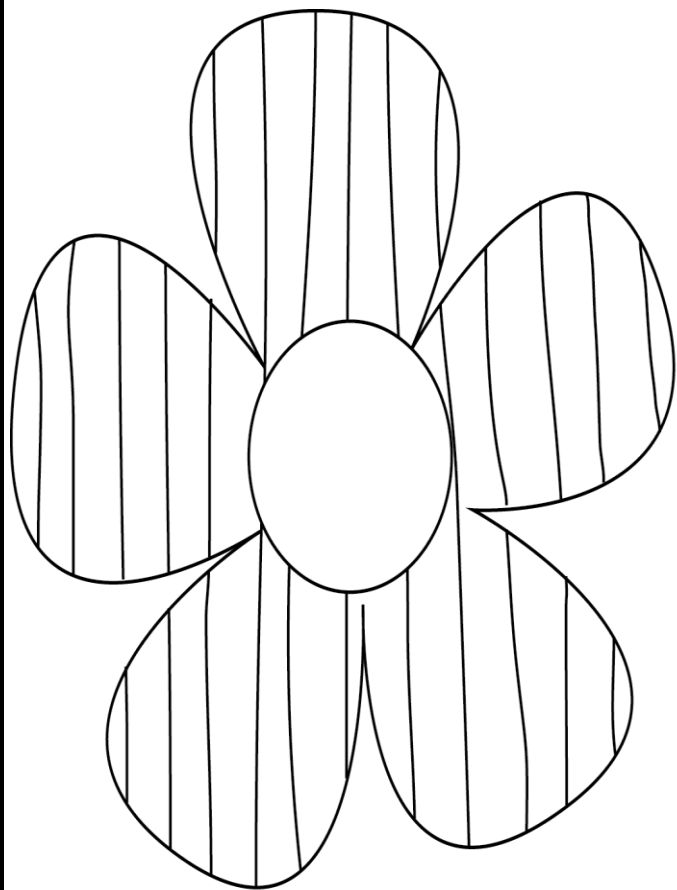
1. Color in your flower
2. Fold the petals into the middle on top of each other
3. Place your flower on top of a small amount of water and watch your flowers bloom!

TIP: You can re-use your flower, just let it dry out!

Here are some examples of flowers,  
but you can create your own!







# RAIN, RAIN DON'T GO AWAY GAUGE

---

## WHAT YOU NEED:

- 2 litre plastic bottle
- Scissors
- Duct tape
- Sand
- Sharpie Marker/Texta
- Ruler

## INSTRUCTIONS:

1. Empty and Wash out the 2 litre bottle so it's nice and clean.
2. Take the scissors and cut off the spout top right where the taper or curve begins.
3. Fill bottom of the bottle with  $\frac{1}{2}$  inch of sand. This will keep the bottle from falling over on those windy days.
4. Pour in just enough water so you can see the water level above the sand. Yes, your sand will be wet! This is called your saturation point.
5. Use the marker to draw a line at the saturation point above the sand. Next to the line write "starting point".
6. Line the ruler up (from the starting point) and draw a line for every inch up to the top of the bottle.
7. Take the top "cut off" spout portion of the bottle and flip it upside down. Insert it into the bottle and use some duct tape to secure it. This part will help catch and collect the rainfall by funneling into your bottle.
8. Now it's time to find a good place for your rain gauge outside and record your rain data.

## EXTRA EXPERIMENTS:

1. Make multiple rain gauges. Place one in an open area outside, one underneath a tree and one by the edge of your roof. Are you getting different measurements of rainfall? Why do you think that is? And which one do you think is the most accurate reading?
2. Add  $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$  inch spots onto your rain gauge so you get more specific and accurate reading.

# S U D O K U

2	9	5	7			8	6	
	3	1	8	6	5		2	
8		6						
		7		5				6
			3	8	7			
5				1	6	7		
			5			1		9
	2		6			3	5	
	5	4			8	6	7	2

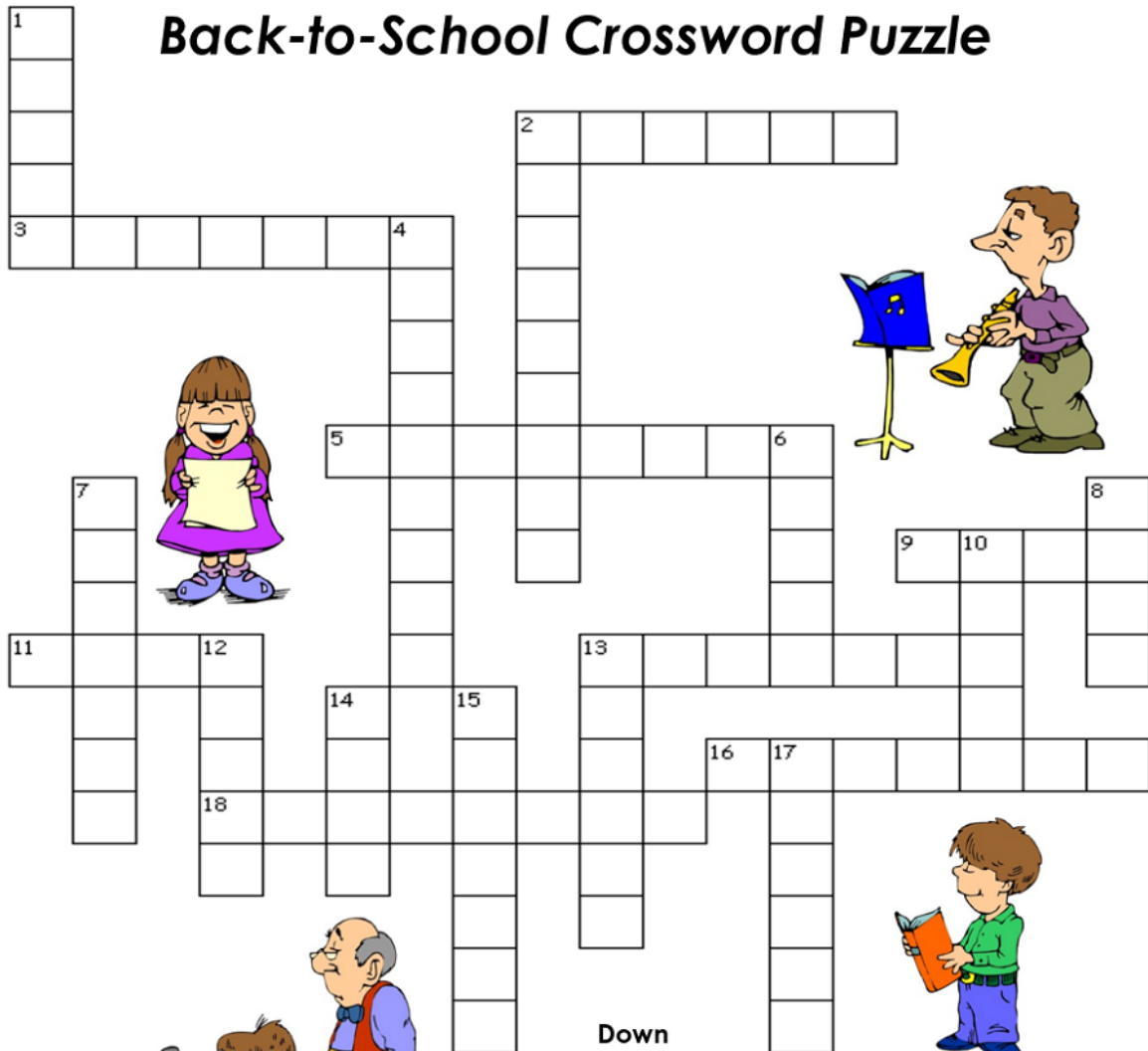
# P U Z Z L E S

	6		1		4		5	
		8	3		5	6		
2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	



Name: \_\_\_\_\_

## Back-to-School Crossword Puzzle



### Across

2. tool for writing
3. tools for coloring
5. device for connecting to the Internet
9. used to stick papers together
11. another word for quiz
13. to put a point on a pencil
16. person who plans lessons and helps you learn
18. book with blank pages for writing

### Down

1. subject in which you learn about songs and instruments
2. person in charge of a school
4. yellow vehicle that brings kids to school
6. measuring tool
7. people you like being around
8. look at words and understand them
10. afternoon meal
12. what you do with your brain
13. place where students learn
14. subject in which you learn about numbers
15. place where books are kept
17. pink item that helps remove mistakes

Name: \_\_\_\_\_ Date: \_\_\_\_\_



# Australian Animals

**DIRECTIONS:** Find and circle the animal names in the grid. Look for them in all directions including backwards and diagonally.



BILBY  
 CASSOWARY  
 COCKATOO  
 CROCODILE  
 DINGO  
 DUGONG  
 ECHIDNA  
 EMU  
 FRILLED NECK LIZARD  
 GIANT CLAM  
 KANGAROO  
 KOALA  
 LITTLE PENGUIN  
 NUMBAT  
 PLATYPUS  
 POSSUM  
 QUOKKA  
 QUOLL  
 TASMANIAN DEVIL

THORNY DEVIL  
 WALLABY  
 WALLAROO  
 WOMBAT  
 YABBY



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# May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
		Fruit delivery Dr Hall		Dr Chandan		
10	11	12	13	14	15	16
		Fruit delivery Dr Chandan				
17	18	19	20	21	22	23
		Fruit delivery		Dr Hedgland		
24	25	26	27	28	29	30
		Fruit delivery Dr Chandan				
31	1	2	3	4	5	6



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03 5567 1376

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[info@kirrae.org.au](mailto:info@kirrae.org.au)

We're on Facebook  
Check for information  
update and more.



We're on the Web!  
See us at:

**WWW.KIRRAEHEALTH.COM**



**Do you have any feedback on our:**

- ★ Services?
- ★ Ideas?
- ★ Suggestions?

Let us know!

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

Phone: (03) 5567 1270  
Email: [info@kirrae.org.au](mailto:info@kirrae.org.au)  
Or Drop in feedback to reception