







HELP SLOW THE SPREAD OF COVID 19 IN OUR COMMUNITIES





Hey you mob... Now is the time we take care of ourselves and our communities and take action. We must all stay up to date with the health advice about how to slow the spread and keep safe.



As you will have heard, NSW Health has reported that we now have active positive cases of coronavirus in Broken Hill. We are worried that an outbreak may spread to our communities. This is why it's important now for all mob to take action and follow all the hygiene and distancing rules the government has put in place in this pandemic.

HERE'S WHAT YOU CAN DO:

-  **Stay home**, only go out if it is **essential**: to the health services, chemist, or to buy groceries.
-  **Stay away from people** – you can only be together with the people who live in your household.
-  **Wash your hands regularly** with soap and water.
-  **Do not shake hands.**
-  **Avoid touching your face** with your hands.
-  **Do not cough or sneeze into your hand**, because germs can go onto your hands and your hands can spread the germs. Cough or sneeze on your arm instead.

-  We all love sharing but for now – **We Can't Share** - Don't share smokes, cups, bottles, don't let others touch your mobile phone.
-  **Stay away from people** who are or may be sick / do not get close to them.

Here's what you should do if you are sick:

-  **Stay home if you are sick** and stay away from people.
-  **If you get really sick** and need to seek medical attention, **phone ahead** before you attend the health service **8082 9777**.

If you care for an elder, it is particularly important that you pay close attention to hygiene and keeping a physical distance of **1.5 metres** wherever possible. This includes washing your hands thoroughly, using alcohol-based hand sanitisers where available, covering your mouth with your elbow if you need to cough, disinfecting surfaces you have touched, and disposing of used tissues immediately.



In this issue:

- 2-3 **Coronavirus Fact Sheet**
- 4 **Maari Ma Transport information**
- 5 **Hand Hygiene: a guide to cleaning hands**
- 6 **Stop Do Not Enter Sign**
- 7 **Phone Consultations / Flu Vaccine reminder**
- 8 **Non-perishable nutritious foods**
- 9 **Kiila Laana**
- 10 **Dental Clinic, Meet the Team!**
- 11 **Early Years**
- 12 **New Staff**
- 13 **Mums and Bubs**
- 14 **Maari Ma Cycle of Care**

Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"
Broken Hill, NSW



www.maarima.com.au



admin@maarima.com.au



www.facebook.com/maarimahealth/

Coronavirus and COVID 19 FACT SHEET

What is coronavirus and COVID-19?

Coronavirus is a type of virus. Viruses are tiny germs that can make people sick, like with the flu or a common cold. Viruses are different to bacteria – bacteria are germs that can be treated with antibiotics. Viruses can't be treated with antibiotics.

COVID-19 is the name of the coronavirus that is making people sick around the world at the moment. Most people with COVID-19 will only become a little bit sick, like a normal cold. However, around 1 in 6 people who get COVID-19 will become very sick and need to go to hospital. Some people get very sick and you will know from watching the news that some people are dying from coronavirus. We have to take this seriously and follow the strict hygiene and stay home rules.

Is there COVID-19 in Australia?

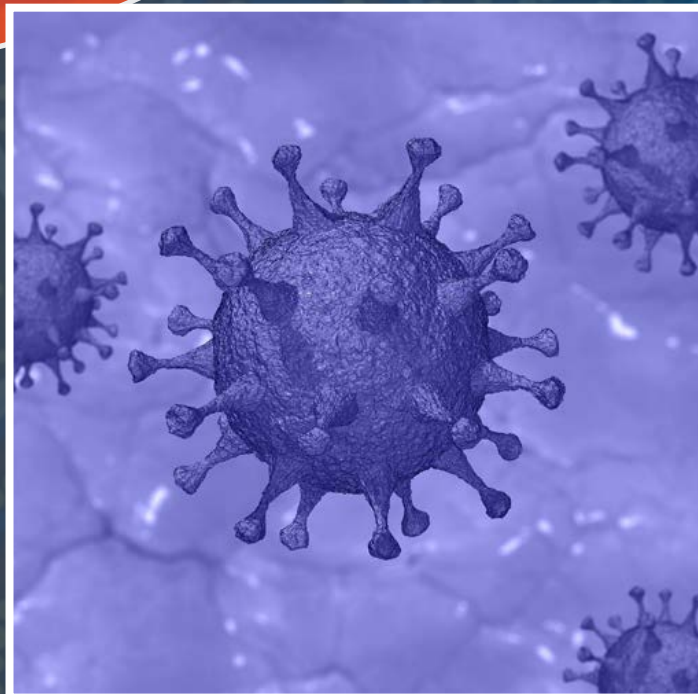
Yes. The number of people who have tested positive for COVID-19 and the number of deaths in Australia are changing each day – for the most recent information, please refer to the NSW Health website: <https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx>

How do people catch COVID-19?

The virus is mostly spread between people through the air when an infected person sneezes or coughs. It can also be spread by touching an infected person or touching an object or surface that an infected person has touched – for example a door handle or a table.

What happens if somebody gets infected with COVID-19?

Somebody infected with COVID-19 might get a running nose, cough, sore throat, shortness of breath or fever. People with mild sickness can be treated at home by their doctor or clinic staff. If the infection gets bad, people can become very unwell and develop pneumonia (infection of the lungs) – these people need to go to hospital. Elders, smokers and people with other health problems like heart disease and lung illnesses are more likely to get seriously sick from COVID-19.



Is there a medicine to treat COVID-19?

We do not have a medicine to treat COVID-19. We can give you some medicines to make you feel better, like Panadol, but we cannot cure the virus. It is also important to drink plenty of water if you are unwell so that you don't get dehydrated. However, some people will need to go to hospital to help them get through this virus. People who have other problems like lung or heart disease and older people might get sicker than young healthy people. Smokers are also more likely to get sicker with this virus. Everyone needs to make sure that they have all their vaccinations.

Is there a vaccine/immunisation for COVID-19?

There is no vaccine or immunisation to stop people from getting COVID-19. It is very important to get your flu vaccination this year when it becomes available because if you catch the flu you might be more likely to get sick from COVID-19. Also we need to stop too many people from getting the flu this year so that hospitals have space for anyone who is very sick from COVID-19. Some people should also have a vaccine against pneumonia - check with your health service.

Coronavirus and COVID 19 FACT SHEET

How can we stop COVID-19 spreading?

Keeping your hands clean is very important for stopping the spread of the virus and other germs. This means washing your hands with soap and clean water for at least 20 seconds after coughing, sneezing or going to the toilet, and before eating. If you feel sick, stay away from other people and don't touch others (no hugging or kissing). Always use the inside of your elbow to cover your nose and mouth when sneezing or coughing then wash your arms and hands. You do not need to wear a face mask if you are feeling healthy. Only people who are actually sick with COVID-19 should wear a face mask so that they don't spread it to others.









What else can I do?

Stay healthy, eat well, get enough sleep and make sure you are up to date with all your vaccinations. If you have chronic disease, make sure you have all your regular health check-ups and work with your health care team to make sure your chronic disease is as stable as it can be. If you smoke, try to quit. Your clinic can help you to quit.

What should I do if I feel no good?

If you have a cough, sore throat, running nose or fever, stay away from other people and call your health clinic before coming in to see a nurse or doctor. If you feel very unwell or you are having trouble breathing, always call your health clinic straight away for an ambulance.

Take-home messages:

-  Coronavirus is a type of infection that is spread between people by sneezing, coughing and touching.
-  The name for the type of infection making people sick at the moment is COVID-19.
-  It makes people sick with running nose, sore throat, fever and cough. Some people can become very sick and need to go to hospital. Occasionally people can die from COVID-19.
-  The number of people with COVID-19 in Australia is changing every day – check the **NSW Health website** for the latest information.
-  Cleaning your hands often with soap and water will help to stop the virus spreading. Staying away from other people and not touching others will also stop the virus spreading. Always cover your mouth and nose if you sneeze or cough and wash your hands afterwards.
-  There is no vaccine or medicine to treat COVID-19.
-  Make sure you get your flu vaccination this year to keep down the number of people with flu in the community (which could make coronavirus worse).
-  If you feel unwell, phone your health clinic for help before coming in to see a doctor/nurse. If you're very unwell, always call your health clinic straight away for an ambulance.

Maari Ma acknowledges AMSANT in the preparation of this fact sheet.



MAARI MA

TRANSPORT DURING THE CORONAVIRUS

We all need to play our part in helping to stop the spread of coronavirus. **This means our patient transport service has temporarily changed.** We are asking our community to be understanding about the changed transport arrangements and be kind to our drivers during these times as we follow strict hygiene and distancing regulations.



*Community Transport Officer, **Rossi Morris**, is one of our valued drivers who is helping our Broken Hill clients to adapt to our new transport practises. Ross was snapped cleaning the car between transports.*

The changes we've made:

We will only provide patient transport for booked appointments.

When you use transport to your booked appointment the following now applies:

Mask: Most patients will not be required to put on a face mask but if a patient has symptoms (flu like symptoms such as a cough, cold, fever, runny nose) they will be asked to put on a mask while in the vehicle only remove when asked by a healthcare worker to remove the mask. People who have been asked to wear a mask and who refuse to do so, will not be allowed in the vehicle. Transport will not be provided.

Hand hygiene: Drivers will be cleaning their hands with sanitizer before collecting a patient and patients will also be asked to clean their hands with the hand sanitizer before touching the door handle to open the vehicle door and getting into the vehicle.

Patients will be asked to clean their hands with the hand sanitizer after they get out of vehicle, regardless of whether the patient is dropped off at the health service or at home.

Distance between people: Maari Ma is following the social distancing rules which means a maximum of two people in the vehicle at any one time.

Vehicle cleaning: We are taking the time to clean vehicles regularly throughout the day – this will take time and will slow down our transport service.

Maari Ma would like to thank everyone for being understanding and cooperative during this time. Let's all work together to keep everyone safe.



HAND HYGIENE

Wash your hands regularly and help stop the spread of germs.

COVID-19



Wet hands



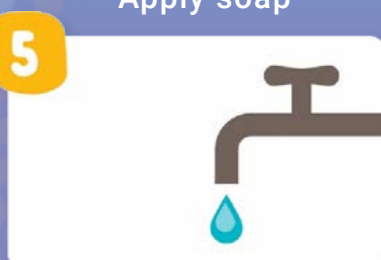
Apply soap



Lather & scrub



Rinse hands



Turn off tap



Dry hands

Please visit health.nsw.gov.au for the latest information on COVID-19



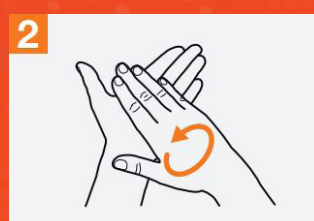
HOW TO HANDRUB

Wash hands when visibly soiled.
Rub hands for hand hygiene.

SAVE LIVES
Clean **Your** Hands



Apply product in a cupped hand



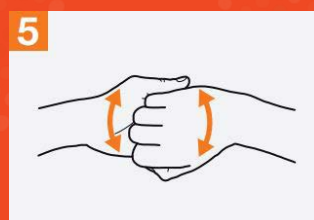
Rub hands palm to palm



Right palm over left with interlaced fingers and vice versa;



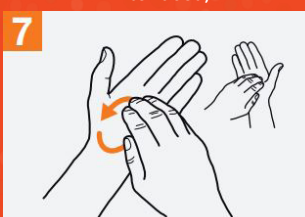
Palm to palm with fingers interlaced;



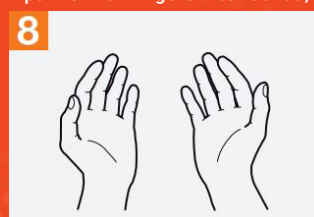
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotate rub, back and forward with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



World Health Organization

If you would like a sign like this for your home please let us know and we will laminate a copy for you to collect.



MY HOME IS IN LOCKDOWN

**Please respect our decision and
do not come into our house.**

**Please keep our old people,
families and community safe
from the coronavirus.**



PLEASE PHONE BEFORE YOU COME

Telephone Consultations at Maari Ma Primary Health Service

Stop the spread of germs that make you and others sick!

Cover
your
Cough!



Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve, not your hands.



Be sure to put any used tissues in the bin.

Clean
your
Hands



after coughing or sneezing...

Wash your hands with soap and warm water.

or

Clean with alcohol-based hand cleaner.



Due to COVID19, just like all other health care services in town, we are having to make temporary changes to the way we provide our services.

We are shifting to telephone consultations for initial contact for all our clinics.

Please phone us before you come in. When you phone us, our staff will talk to you about your health need and you'll be advised on the next step.

Please call Maari Ma Health on 08 8082 777 if you would like a telephone consultation.

MAARI MA'S FLU VACCINATION 2020 WILL BE HERE SOON

Please keep your eye on Maari Ma's Facebook page for availability.

Flu vaccinations will soon be available at Maari Ma Health and all clients are being advised to get their flu shot this year.

The flu shot won't protect us from COVID19 but it will protect us from getting the seasonal flu and if we stay healthy this winter we have a better chance of not getting the coronavirus.

We will keep you up to date on when you can come in for your flu shot – let's all try to stay healthy and get vaccinated against the flu.

For more information, visit:

<https://www.health.nsw.gov.au/Infectious/Influenza/Pages/default.aspx>

Maari Ma Staff News

Dietitian's List of Non-Perishable Nutritious Foods

If you are in quarantine, self-isolating or experiencing a natural disaster – you want to pick food that will last a long time. Dried and canned goods will last the longest.

Below is a list of foods that would meet all of your nutrient needs in a day, if you have to self isolate and will last a long time.

Canned or dried beans - Beans are high in fibre and protein, both of which can help keep you feel full.

Flour – Lasts a long time and can be easily made into breads, pastries and other carbohydrate-rich items.

Rice – A great source of filling fibre and easy to prepare and store in big batches. You can also opt for a blend of different grains – such as brown rice or quinoa.

Canned tuna - Tuna is an excellent source of lean protein that can be added to pastas, rice, crackers and sandwiches.

Canned Tomatoes or Tomato Sauce – You can add these to pasta, alongside lentils and beans.

Peanut and nut butters – High in healthy fats and can be used on wholemeal crackers as a tasty snack.

Dried fruit – A great snack that won't spoil.

Frozen fruit and vegetables – If you have a freezer – fruit and veg that is frozen is just as nutritious and can be added to most meals. These can last months in the freezer.

Food	Grams per day	Grams per person for 2 weeks	Kg per family of 4 for 2 weeks
Milk powder, full-fat	65g	900g	3.6kg
Weet-Bix or other cereal	30g	420g	1.6kg
Pasta, dry	20g	280g	1.1kg
Instant noodles	20g	280g	1.1kg
Rice	25g	350g	1.4kg
Tortilla	10g	140g	0.5kg
Flour	50g	700g	2.8kg
Savoury biscuits	15g	210g	0.8kg
Whole-grain crackers	20g	280g	1.1kg
Canola oil	20g	280g	1.1kg
Powdered soup	20g	280g	1.1kg
Sweet chilli sauce	10g	140g	0.5kg
Tomato concentrate	10g	140g	0.5kg
Canned Tuna	60g	840g	3.3kg
SPAM	40g	560g	2.2kg
Dry lentils	20g	280g	1.1kg
Green peas, canned	20g	280g	1.1kg
Three bean mix, canned	50g	700g	2.8kg
Baked beans, canned in tomato sauce	20g	280g	1.1kg
Canned corn	50g	700g	2.8kg
Milo	10g	140g	0.5kg
Raisins	30g	420g	1.6kg
Honey	10g	140g	0.5kg
Almonds	20g	280g	1.1kg
Apricots or other dried fruit	20g	280g	1.1kg
Apple juice (boxed)	50g	700g	2.8kg
Orange juice (boxed)	50g	700g	2.8kg
Vegemite	20g	280g	1.1kg
Chocolate	30g	420g	1.6kg
Peanut butter	20g	280g	1.1kg



SMOKING AND COVID-19

NOW IS A GOOD TIME TO QUIT

Facts:

People who smoke generally have a higher risk of lung and chest infections.

Experts warn if you are a smoker you are at a higher risk of getting COVID19 because of having your hands near your mouth.

If you are a smoker and contract COVID19 it's likely you will become more unwell than non-smokers who contract the virus.

If you are a smoker and you quit now you will see an improvement in your lung health quickly.

What can I do?

Contact Maari Ma and commence the Kiila Laana program.

Do not share smokes with other people, don't share e-cigarettes, bumpers or pipes, no saving draws for each other, no picking up used butts.

Wash your hands before and after smoking.

The Kiila Laana program at Maari Ma knows people are trying to quit smoking, and are here to support our communities.

Call MMPHCS in Broken Hill 8082 9777, or in Wilcannia call WPHCS 8091 5122

It's all about keeping the mob safe.

For further information, please access the link:

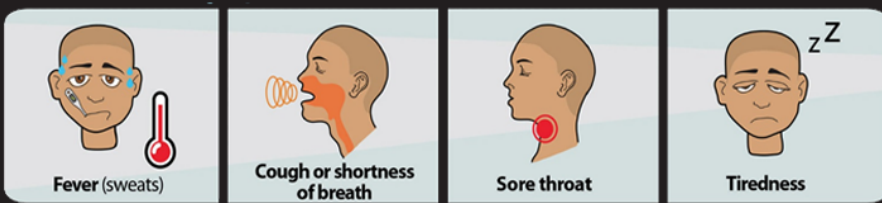
<https://www.quit.org.au/articles/faqs-coronavirus-covid-19-and-smoking/>

Please note that the information provided via the link above also refers to vaping.

Coronavirus COVID-19

Most people have mild cold or flu-like symptoms.

What are the symptoms?



How does it spread?



How can I reduce the spread of Coronavirus?



**SEE YOUR DOCTOR
IF YOU ARE UNWELL**

Visit your doctor or clinic if you have difficulty breathing, eating or drinking. Especially if you have chronic heart, lung or kidney disease, or have diabetes or a weak immune system.

Dental Services

Temporary changes to dental services at Maari Ma. Because of COVID19 the government has required changes to dental and oral health services.

The restrictions mean dental services can only be offered to those who have urgent issues.

Dental treatment at the moment will only include:

- The assessment of teeth causing pain and infection
- Temporary fillings

Maari Ma Health will now operate both adult and child dental services as urgent treatment clinics only. All routine dental examinations and treatment will be cancelled and rescheduled when these restrictions change.

Any adults or children seeking a dental appointment can still contact the Maari Ma Primary Health Care Service but will be asked a series of questions before being given a dental appointment.

Any clients with non-urgent requirements will be placed on our waiting lists and will be given appointments as normal as restrictions are removed.



Meet the Team!

This month's team profile is of **Christene Polanski**.

Christine is certificate 4 qualified Aboriginal Health practitioner and a certificate 3 qualified Dental Assistant.

Q: How long have you worked in the child dental team?

A: 3 years.

Q: What is your greatest achievement?

A: Hiking the Great Ocean Road and surviving!

Q: What are your future goals?

A: Furthering my education and training, maybe starting with a certificate 4 in oral health promotion.

Christene's Dental Health Tip:

Brush your teeth morning and night with toothpaste to your favourite song.



Early Years

OUR WORK WITH FAMILIES

The way we work with our Early Years families has changed – temporary changes are due to the need to stay at home and stop the spread.

Playgroup has been temporarily called off until further notice. As an alternative, Little Kids and Books will be delivered at home. While we are staying at home to stop the spread of COVID-19, this is a great opportunity to read as much as possible with your little people. Read, Read, Read! Remember, sharing books is a rich learning experience that will help your child's development and success later in life.

HIPPY will be adapted to support continuity of delivery to families. Information about the learning and activities will be available via phone. HIPPY will continue to have positive impacts for children and families in the coming months.

Maari Ma would like to be proactive at this time to support our families around the pandemic and that means providing the best up-to-date information around keeping yourself safe for our community.

If you have any questions you would like answered about the Early Years Programs please ring **Michelle Parker** on: **0488 547 577**.



Here is a small package from the Maari Ma Early Years Team for you and your children to spend quality time together.

Remember, you are your child's most important teacher!

There has been no greater opportunity to spend time teaching your children at home while keeping them safe.

A small message to remember:

“Most young children will remember how their family felt during the coronavirus pandemic more than anything about the virus. Our children are watching and learning how to respond to uncertainty. Let's wire our children for resilience, not fear.”

Author Unknown - retrieved from 'Awsna_Walford'



Welcome!



Maari Ma are delighted to welcome back **Bernie Kemp** to the Primary Health Care Service. Bernie has recently returned to Broken Hill from Dubbo where he has been working. Bernie was one of Maari Ma's first Aboriginal health practitioners and says he's really pleased to be back working at Maari Ma. He says he's looking forward to working with the community again, our Aboriginal health worker trainees and all the Maari Ma team.



MUMS & BUBS!

We continue to provide a “Baby Bag” to mums who engage in antenatal care through the AMIHS Program at Maari Ma.

Maari Ma has purchased some beautiful Indigenous designed nappy bags. The nappy bags are given to mum on birth of her newborn baby.

Maari Ma’s AMIHS Team Tiffany, Bronwyn and Toni have been so excited about giving out the new nappy bags and have been getting excellent feedback since.



Deadly Choice Onesies...

Receive a Deadly Choice Onsie for your baby at their first ATSI Health Check and Immunisation’s during their six week postnatal check.



Isaac Laughton-Coleman modelling the Bronco’s onesie after receiving his ATSI Health Check and Immunisation during his six week postnatal check.



MAARI MA Cycle of Care

START:

Your cycle of care starts with a twelve monthly GTG/IPIP sign up. This includes an ATSI Health Check and a follow-up by a health worker.

GP Review

During the year you should see your doctor to see if your GPMP or medication needs to be changed. You may also need some tests.

Follow-up care

Our health workers will visit you to talk about your health and see how you are going with your medications.

You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.

GPMP & Medication

You will be looked after by our Keeping Well team and other specialists like our dieticians, podiatrists and eye specialists. The Keeping Well team and pharmacist will help you with your medications which could include a Home Medication Review and a Webster Pack.

Maari Ma Primary Health Care Service

Improving Aboriginal Health & Closing the Gap...

About MMPHCS

Maari Ma Primary Health Care Service aims to provide culturally appropriate health services to Aboriginal people living in Broken Hill and surrounding communities.

We are governed by an all Aboriginal Board of Directors, who are deeply committed to providing a holistic approach to Aboriginal health that includes physical, emotional, spiritual, cultural and environmental dimensions.

Our health workers, doctors and nurses are committed to providing you with the highest quality care. If you ever feel that this has not been achieved, please contact the manager, Kendy Rogers, on 08 8082 9777 to discuss the matter.

Maari Ma : Winner of Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.

Regular services

Doctors
Nurses
Health workers
Child health nurses
Midwives
Dietician
Primary mental health workers
Alcohol and other drug staff
Psychologist
Kids dentist
Adult dentist
Women's health
Pharmacist
Social Worker

Occasional services

Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist

**439-443 Argent Street,
Broken Hill, NSW 2880
Phone: 08 8082 9777 Fax: 08 8082 9778
Web: www.maarima.com.au**



Kaylene Kemp
Executive Manager
PHCS



Kendy Rogers
Service Manager:
PHCS