



YERIN

Eleanor Duncan
Aboriginal Health Services

Celebrating 25 years

COVID-19 Prevention

Look after yourself & our mob

Wash your hands

With soap for 20 seconds



Cough & sneeze the right way

Into your elbow

Don't touch your face

Eyes, nose & mouth



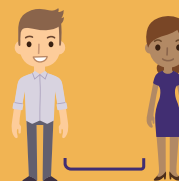
Disinfect surfaces

Doorknobs, handles & phones



Keep space from others

1.5m – 2m apart



5 May is World Asthma Day – see page 3 for information on Asthma and Covid-19

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Team Update

Important Changes to the Yerin Eleanor Duncan Health Clinic

To slow the spread of COVID-19 and keep our community well we've made some important changes – most appointments will be run by phone so you don't have to come to the clinic.

COVID-19 is a very infectious virus that can quickly spread through the community.

There are simple things you can do to slow the spread of the disease, these include:

- washing your hands regularly with soap and water for 20 seconds
- covering your nose and mouth when coughing or sneezing with a tissue or the inside of your elbow

- avoiding close contact with anyone with a cough, sore throat or fever if possible
- making sure you and your children stay at home if you are sick

Please call Yerin Eleanor Duncan or the COVID-19 hotline 1800 020 080 if you are worried that you might have the virus, or have been exposed to the virus. **We cannot test for COVID-19 at Yerin. If you think you need testing, please do not come to the clinic.**

Our GPs can arrange this for you over the phone at one of the local testing centres in Wyong, Gosford, Tuggerah or Woy Woy.

Remember: stay home and use the phone to help stop the spread



Information Packs

A huge thank you to our Muru Bara team for putting together over 2,000 information packs for our clients! The packs include:

1800 943 746 (Yerin COVID-19 freecall no.), Australian banking details for mob experiencing hardship, information about Coronavirus, handwashing instructions, staying at home hints and tips, crisis relief information for meals, hampers, vouchers, elders and youth, and grocery items.



Care Packages

Thank you to Darkinjung Local Aboriginal Land Council and Barang Regional Alliance for working in partnership with us to deliver care packages to our community.

#slowthespread #stayhome



5 May is World Asthma Day

What does Coronavirus (Covid-19) mean for people with Asthma?

There is no specific data as yet to suggest that people with asthma are at a higher risk of contracting the virus. Nor is there any evidence to suggest that people with asthma have a higher risk of experiencing serious illness if they get it.

According to the Australian Department of Health, the following groups are most at risk of serious illness with Covid-19:

- People over the age of 70
- People over 75 years with one or more chronic condition
- People with low immunity
- This would include people with asthma who use 20mg or more prednisolone per day for 2 weeks or more to control their asthma symptoms
- Aboriginal People over the age of 50.

Nevertheless, we encourage people with asthma and their families and communities to do everything they can to protect themselves and others.

One of the best things people can do to reduce their risk is to optimise their asthma control. When it comes to managing your asthma, consider the following checklist:

- Ensure you are taking your preventer medicine as prescribed
- Ensure your preventer and reliever device technique is correct and have this checked by your doctor, nurse or pharmacist
- Obtain, update and use your written Asthma Action Plan. This will provide instructions for when and how you should adjust your treatment as symptoms worsen and when to seek medical assistance

- Maintain good overall health and wellbeing
- Which includes managing other long term conditions
- And also includes focusing on your wellness (think nutrition, exercise, stress management)
- You can go back to your GP at any time if you think your medication needs adjusting or if you don't have a written Asthma Action Plan. You might like to ask your medical practice if they provide telehealth consultations
- Vaccinate yourself: Get vaccinated against the flu as soon as it's available to you, and discuss the need to get the pneumococcal vaccine with your GP
- Ensure you always have access to a reliever puffer and spares (when you leave the house, at school, at work – depending on schooling or work at home arrangements)
- Ensure you can identify asthma symptoms and can treat them properly; do you know asthma first aid?
- Ensure you understand what your asthma triggers are and how to manage these (it will help to have a written Asthma Action Plan), including allergies
- If you have allergies such as hay fever, make sure you're on the right treatment for them, and;
- Tell your family and friends you have asthma and make sure they also know your triggers and how to provide asthma first aid.

Source: asthma.org.au



**World
Asthma Day**

5 May

**5 May is Hand Hygiene Day
and it's never been more
relevant than now**



**Help reduce the spread
of Coronavirus**



**Wash hands with soap
for at least 20 seconds**

- Before eating
- After coughing or sneezing



31 May is World No Tobacco Day

Tobacco smoking and chronic disease

Chronic diseases have a range of different causes. They are long term but are often preventable and manageable.

More Aboriginal and Torres Strait Islander people have chronic diseases than non-Aboriginal people.

A large percentage of Aboriginal and Torres Strait Islander people have a least one long term chronic disease and there is an 80% chance they will have two or more.

Common Chronic Disease Risk Factors

- Asthma • Poor diet • Type 2 Diabetes
- Alcohol consumption • Chronic Kidney Disease
- Obesity • Heart Disease • Tobacco smoking
- Cancer • Lack of physical activity

Tobacco smoking can lead to

- Cancers including lung, mouth and kidney
- Heart Disease • Stroke • Respiratory diseases
- A range of other serious health conditions

Why we smoke

- Social pressure • Addiction
- Habit • Emotions
- Frustration, stress, anger, unhappiness

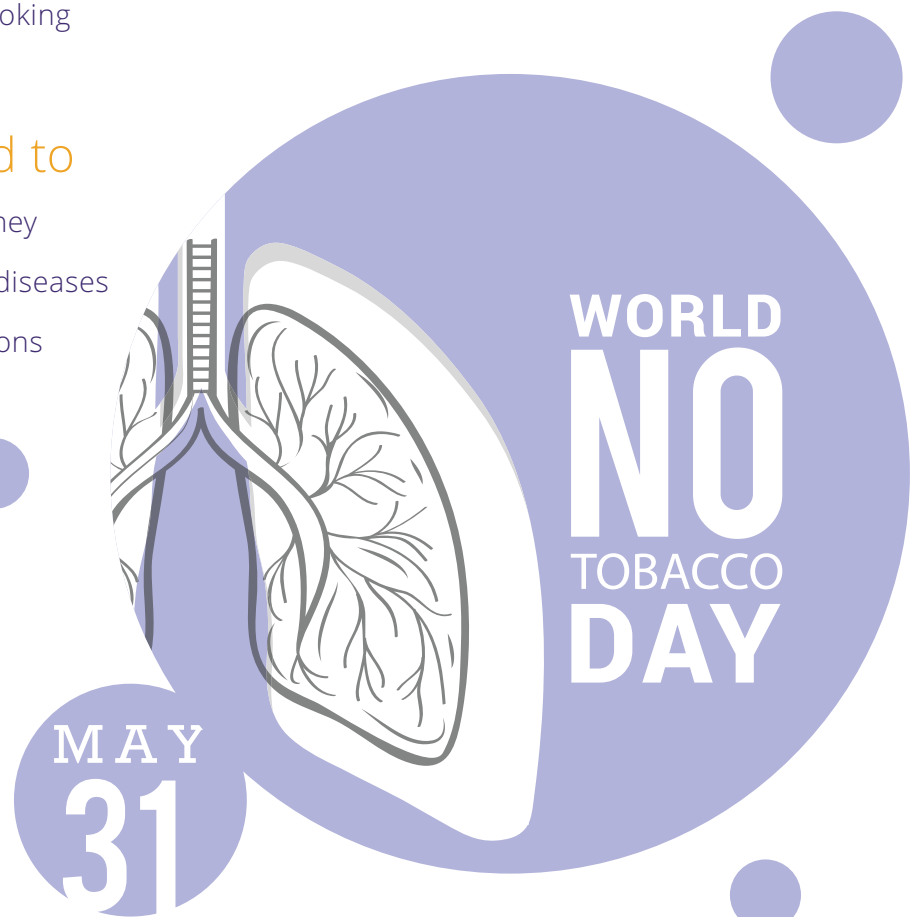
Tips for quitting

- Get motivated • Eat healthy • Stay active
- Have a quit buddy or someone to support you
- Get support from your family and friends
- Try using Nicotine Replacement Therapies, such as patches or gum

Quitting is hard, so try to stay strong!

If you or someone you know is thinking of quitting smoking and needs help, give us a call on **02 4351 1040**

Eleanor Duncan Aboriginal Health Centre is a smoke free clinic.



Flu Clinic

Our flu clinic will be commencing soon but due to COVID-19 it will operate a little differently this year.

Please call our friendly reception staff for more information and to book your flu shot.

P: 02 4351 1040

Where to get help on the Central Coast

Please visit the news section of our website, yerin.org.au for a list of domestic violence, homelessness and mental health support services that are operating during the COVID-19 crisis.

Help stop the spread of Coronavirus





YOUR STORY

DISABILITY LEGAL SUPPORT

**ARE YOU AN ABORIGINAL
OR TORRES STRAIT ISLANDER
PERSON LIVING WITH DISABILITY?**



HAVE YOU BEEN MISTREATED?

**WOULD YOU LIKE TO TELL YOUR STORY
TO THE DISABILITY ROYAL COMMISSION?**

We're also here for you if there is someone you care about living with a disability who wants to share their story.



**CALL 1800 771 800
FOR FREE LEGAL
SUPPORT**

Meet The Mob

SHAREN MAY

Dental Assistant – Dental Receptionist

- Favourite Food:** Seafood
- Favourite Music:** Motown, R'n'B, Top 40, 70s, 80s and 90s
- Favourite Animal:** Rabbits
- Favourite Sport:** Rugby League. Go the mighty Eels
- Where you grew up:** In and around Sydney suburbs
- Biggest Achievement:** Raising my two deadly kids, Aymee and Jason



Hours of Business

Monday – Friday 9am - 5pm

Suites 8 & 9, 36 Alison Rd cnr Margaret St, Wyong NSW 2259

PO Box 466, Wyong NSW 2259

P 02 4351 1040 **F** 02 4351 1037

 @yerinedahc yerin.org.au  @yerinAHS

Business Manager

Paul Hussein

Practice Manager

Jessica Wheeler

Chief Executive Officer

Belinda Field

Clinic Lead

Dr Elly Warren

**Permanency Support
Program Manager**

Breannon Field

Operations Manager

Vicki Field

Dental Manager

Kylie Nichols

NDIS Manager

Kelly Gavine