

BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER – AUGUST 2020

REGULAR PROGRAMS

Due to the Coronavirus crisis our regular programs have been cancelled until further notice.

Face coverings – Hospitals and healthcare settings

- All hospital staff in Victoria, including regional and rural areas must wear a level 1 disposable surgical mask in public-facing areas – particularly where adequate physical distancing is not possible.
- Patients in hospitals **should** wear a mask if possible.

Regional Victoria

- Visitors **should** wear a mask or face covering when seeking medical treatment and visiting healthcare settings due to the vulnerability of people in those settings.



A Consumer Engagement Subcommittee has been formed to represent consumers and feedback issues and views and advocate on behalf of the community. Members are:
Sue Dalley Mob. 0407 539 738
Michael Harper Mob. 0492 852 854
Grace Davis Mob. 0457 583 940
Gina Cantarella Mob. 0411 583 236
Please make contact if you have any queries.



DATES FOR THE MONTH

Doctor Clinic –

Wed. 12th August

Appointments 5155 9222

Maternal & Child Health –

Appointments 5152 0052

Immunisation – Anne Brewer

Appointments 5155 9222

Pathology – Wed. & Fri. am.

Appointments 5155 9222

Women's Clinic – To be advised

Appointments 5155 9222

'Neatfeet' Footcare –

Mon. 10th, 17th & 31st August

Appointments 5155 9222

Everyone attending the Bush Nursing Centre will be required to wear a face covering or mask.



Coronavirus - help keep East Gippsland safe

The case numbers are at the highest they have ever been. Hospital admissions are growing, and sadly, in recent days there have been fatalities. It's clear Victoria are on the cusp of our second wave – and we cannot let this virus cut through our communities any more than it already is. Now, more than ever we need all Victorians – no matter where they are – to be vigilant, adhere to physical distance guidelines, maintain hygiene practices and crucially they must get tested if they have any symptoms, and stay at home.

No matter where we live, we all have a crucial role to play in getting on top of this. And we need everyone to help.

We must all play a part in accepting the restrictions, adhering to them and helping to reduce the spread of the virus. We must all play a part in talking to our family, friends, neighbours and communities to ensure that they all understand what is at stake and what they have to do – no matter how hard. It is important to get tested for coronavirus at the first sign of any symptom and stay home until you get your result.

Symptoms include: fever, chills or sweats, cough or sore throat, shortness of breath, runny nose, loss of sense of smell or taste.

Getting tested means you keep yourself, your friends, family, workplace and your community safe.

It's not over yet. Staying Apart Keeps Us Together.

Victorian Government's coronavirus website: vic.gov.au/CORONAVIRUS
Coronavirus hotline call 1800 675 398



Reminder: BBNA Annual Subscriptions

Membership Fees are due on 1st July for 2020 – 2021

Family \$35.00

Single \$25.00

You are encouraged to pay your annual subscriptions at your earliest convenience to avoid paying 'non-member' service fees.

EMERGENCY NUMBERS

Police / Ambulance / Fire—000

Buchan Police—5155 9268

Buchan Bush Nursing Centre—

5155 9222—Bus.Hrs.

Gelantipy Bush Nursing Centre

—5155 0274

Hospitals—

Bairnsdale 5150 3333

Orbost 5154 6666

National GP Helpline

1800 022 222

Nurse-on-Call 1300 606 024



For all EMERGENCIES

RING 000

then for medical emergencies you may ring a nurse and if available they may respond.

**Out of Hours Procedure
Nursing staff are not obliged to be available outside normal opening hours but in the event they are able to respond to an emergency then all workplace entitlements will apply.**



BBNA Newsletter is on the Buchan Community Website: <http://buchan.vic.au>

When should masks be worn

If physical distancing is difficult to maintain, covering your face with a mask can provide some extra protection. You will still need to maintain all the regular protection measures.

The main value of wearing a mask is to protect other people. If the person wearing the mask is unknowingly infected, wearing a mask will reduce the chance of them passing the virus on to others.

For people at increased risk of severe COVID-19 themselves because of older age or chronic illness, physical distancing is most important. If you cannot maintain physical distance, wearing a mask is an important protective measure.

Instructions for making a cloth face mask is attached. If you would like to assist in sewing masks for community use please give the Centre a call. Cloth masks are available to purchase from the Centre. Cost \$2.00 each.



How to be medicine wise



Medicines are part of most people's lives. Here are four simple tips for being medicine wise.

Know all the medicines you take and why you take them. Keeping an up-to-date medicines list is a great way to keep track of your medicines.

Understand the instructions for taking your medicines. Medicines only work if you are taking them properly, and you can only take them properly if you understand the instructions.

Check with your health professional before starting any new medicine. A health professional can help you balance the benefits of a medicine with any potential risks.

Ask questions if there is anything you don't understand about your medicines. Seeking information from a trusted source can help you get the most out of your medicines, safely.

Royal Flying Doctor Dental Clinic

The Flying Doctor Dental Clinic will be returning to Buchan to provide dental services to the community from Monday 14th September to Friday 23rd October – dependant on demand. The truck will be parked outside the Buchan CFA building. For bookings please call the Health Line on (03) 8412 0444.

RFDS Wellbeing Program

Sessions are being offered at the Bush Nursing Centre via telehealth. Please ring the Centre to arrange an appointment.

MEDICATIONS

If you have any unused or expired medications you can bring them to the Bush Nursing Centre for correct disposal.



BBNA Resources

Books are available from the Centre to help people cope during tough times. They include strategies to help deal with anxiety. These books have been written to help people struggling with mental health issues at any time of life. With all that has been endured in recent events there is growing demand for mental health support. The following books can be borrowed from the Centre:- Alphabet of the Human Heart, The Big Little Book of Resilience, I Had a Black Dog, Living with a Black Dog, Quiet the Mind and Stress Less.

AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Footcare	The Buchan Bush Nursing Association would like to acknowledge the Traditional Owners of the land on which we gather, and pay our respects to their Elders both past and present. 				1	2
3	4	5 Pathology	6	7 Pathology	8	9
10 Footcare	11	12 Pathology Doctor's Clinic	13 S&Q S/C Meeting 9am	14 Pathology	15	16
17 Footcare	18	19 Pathology	20	21 Pathology	22	23
24	25	26 Pathology Finance S/C. & CoM Meeting	27	28 Pathology	29	30