**saundersstreetclinic**

**37 Jackson Street, Wynyard, TASMANIA. Phone 6442 1700**

**Newsletter Feb-Mar 2020**

**Opening hours**

Monday - Thursday 9am-1230 pm, 2pm-5 pm

Friday 9am-1230 pm, 2.30pm-5 pm

Saturday, Sunday, Public Holidays closed

Doctors: Jim Berryman, Chris Hughes, Ali Johnson, Sarvin Randhawa, Louise Sykes, Jess Andrewartha, Tim Andrewartha, Bradley Williams, Renu Singh and Dr Sebastian Theilhaber who is completing his RACGP training and has worked at Bass House Surgery.

Jim is cutting back to 4 days per week, as is Chris.

Nurses: Fiona Munday, Belinda Townsend.

**After hours arrangements**

Please phone the surgery number, you will be given the number for Health Direct which is a phone triage service providing advice by the Federal Government. This service will contact the doctor on call at Saunders Street if necessary, following assessment by a registered nurse and in some cases by a doctor. If your concern is about **a medical emergency** call the ambulance service on **000**-there is no charge for ambulance callouts in Tasmania.

 If the matter is urgent but not an emergency call **Health Direct 1800 022 222**. A registered nurse using triage protocols will take your call. If necessary, the call will be transferred to a GP at GP Assist in Hobart and if that GP thinks a call out or house call is warranted a GP from this clinic will be contacted.

**Covid-19 (or CORINOVIRUS)**

There is a lot of information and as Donald Trump would say “false news” out there! Most people who do get this will have cold like symptoms, flu like symptoms and otherwise be well. As cold, flu and minor Covid-19 symptoms are all similar, that is, fevers (temperature over 37.5 degrees) sore throat, feeling hot and cold or shivery, and are caused by a VIRUS for which there is NO VACCINE and for which ANTIBIOTICS DO NOT WORK, most people can STAY AT HOME. If anyone is concerned that they may have PNEUMONIA or feel VERY UNWELL then please PHONE THE CLINIC for advice and DO NOT COME IN TO THE CLINIC! At Saunders Street Clinic we must keep the health and well being or our STAFF (there are a receptionist and a doctor who are immune suppressed so are more likely to be very unwell if the contract the Covid-19 infection) and our PATIENTS (many are immune suppressed because of chemo therapy or chronic disease) it is VITAL THAT PEOPLE WITH A VIRAL TYPE ILLNESS PHONE AND DO NOT JUST TURN UP AT THE CLININIC. There are hand sanitizer dispensors at the front door, in the entrances, and at the front desk. Do not walk pass them, USE THEM!

If there is any doubt about what do then contact the Department of Health by phone (expect delays as 1000+ people are phoning per day)-1800 020 080, or Healthdirect hotline for general health help on 1800 022 222 or <https://www.healthdirect.gov.au/> or check the Federal Dept. of Health website page for advice <https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>.

# Coronavirus cases spike in Australia - here's how to quarantine yourself

By [Emma Elsworthy](https://www.abc.net.au/news/11704184)

Updated Tue at 11:16amTue 10 Mar 2020, 11:16am

## Key points:

* While in quarantine, wear a mask when you're around others
* Try to maintain a routine, including exercise around the home
* Food delivery services can leave packages on the doorstep

Coronavirus infections and the number of people ordered to isolate themselves spiked in Australia this week according to Google Trends, and so did online searches about what that actually means.

Quarantine is already widespread in several countries including China, where at least 50 million people have been under mandatory quarantine in the Hubei province and its capital, Wuhan, where the virus first emerged.

NSW Health says people who have been in contact with someone who has COVID-19 and people who have been in China or Iran need to isolate themselves for 14 days from the contact or date of return travel.

Contact is defined as being face-to-face with someone for at least 15 minutes or being in the same closed space for two hours.

NSW Health medical epidemiologist Christine Selvey outlines the dos and don'ts to survive your time in self-isolation.

## [Coronavirus questions answered](https://www.abc.net.au/radio/programs/coronacast/the-best-way-to-wash-your-hands/12046896)

## Can I leave the house?

Dr Selvey said you should try not to leave the house, but to avoid going completely stir-crazy, there are options for spending time outside.

While in isolation you can spend time in your garden, courtyard or balcony, as long as they're private areas.

If your outside areas are a shared space in a building or apartment block, it's best to wear a surgical mask while out there.

A mask is also best practice while taking the bins out or checking the mailbox.

[Despite reports of dogs being quarantined](https://www.abc.net.au/news/2020-03-06/coronavirus-fears-over-animal-to-human-transmission/12031232), Dr Selvey said there was little evidence pets could contract the virus and they did not require their own mask.

A walk once or twice a day around the block is fine, as long as you wear a mask and you don't stop to chat.

## What about the people I live with?

If you are living with people who are not in isolation, wear a mask when you're in the same room as them.

It's best to avoid spending time in communal areas and use a separate bathroom, if possible.

"I'd also recommend sleeping in a different bed, in a different room, if possible, to your partner," Dr Selvey said.

Wash your hands with soap and water for 20 seconds before entering areas used by others and after using the bathroom.

## How do I look after myself?

Dr Selvey said you should maintain your regular routine as much as possible, including waking up at the same time each day.

"Try and keep everything as normal as possible," she said.

"Late nights will leave you feeling jet-lagged, as you're not going out during the day."

Exercise is a great way to reduce stress and depression, so consider doing yoga tutorials on YouTube or step-counting around your home and garden.

"It's highly recommended that you undertake some sort of exercise at least once a day," Dr Selvey said.

GIF: Videos like these are being uploaded to cheer up other residents in isolation due to the coronavirus. Pause GIF0.9 MBSettings

[**GIF:** Videos like these are being uploaded to cheer up other residents in isolation due to the coronavirus.](https://gfycat.com/unhappyfinecottontail)

## How do I get supplies?

Friends or family can pick up groceries or prescription medicine for you, or you can order these items to your door from supermarkets online or by calling your pharmacy.

Essential items or food deliveries can be dropped off on the doorstep.

## How do I fill the time?

As much as it might become lonely, those in self-isolation shouldn't entertain any visitors. Stay in contact with friends and family using the telephone or social media instead.

Boredom is a big factor in self-quarantine but it can be an opportunity to do arts and crafts, read or catch up on some television series.

[Creative ways to stay entertained while in lockdown](https://www.abc.net.au/news/2020-02-16/how-chinas-residents-are-trying-to-combat-coronavirus-isolation/11966744) have been popping up on social media across the world, including dance parties.

Dr Selvey said she recognised self-isolation is "a big ask of people" and advised people to "try to take advantage of the time to do things that you've been wanting to do".

"Try to look at it from a positive point of view."

Source: https://www.abc.net.au/news/2020-03-07/coronavirus-how-to-quarantine-yourself/12031822

**Influenza Vaccines**

These are available at the EARLIEST from mid-late APRIL so please do not phone to see when the vaccine is available!

