

PICC Programs Delivering to Your Door

The coronavirus crisis means people can't visit PICC programs anymore, so PICC is bringing some of our programs to our visitors.

The dedicated staff of the Women's Service and the Safe Haven are preparing care packages and meals to deliver to the regular visitors of the Women's Yarning Circle and the Night Café.

For the Yarning Circle regulars, each care package includes snacks for morning tea; a bottle of water; PICC face wash; a poster on good hygiene; a flyer with important contact information for services, counselling and supports the women may need; and find-a-word activity sheets. The packages are delivered every Tuesday.

Night Café regulars have meals and an ever-changing activity pack delivered Mondays, Tuesdays and Thursdays between 4 p.m. and 7 p.m.

Pictured at right are Dyella Morgan and Georgina Haines ready to deliver Yarning Circle care packages.

More photos are on page 2.



A Message from the CEO

I would have liked my message to you this month to be more positive, but it's hard to be positive with what's going on right now.

The coronavirus pandemic is spreading across the world. So far Australia isn't badly affected, but experts say the worst is still coming.

I want you all to know that whatever happens, PICC is here for Palm throughout the coronavirus crisis.

Some programs have had to close so we can obey new laws on group gatherings and non-essential activities, but every program, service and community enterprise that can still run, is still running.

Did you know?

There are three simple things you can do to stop coronavirus:

1. Wash your hands a lot.
2. Cover your face when you cough and sneeze.
3. Stay back from people.

For more information on coronavirus and how to prevent it, see pages 3 and 5.

We also have a new special leave allowance to support any of our staff who are sick or have to self-isolate.

We are coordinating and preparing with the Townsville University Hospital for the possibility of coronavirus coming to Palm.

I encourage all of you to think what you can do for your community to stop this disease before it starts on Palm.

Palm is a strong community made up of strong people. We will get through whatever happens.

Have a safe month—take care.

Rachel Atkinson

Recent Service and Program Changes

PICC has had to make changes to how we deliver some programs and services to comply with new laws and to reduce the risk of infection.

All group gatherings have been cancelled—this includes the Night Café, the Women's Yarning Circle, the Men's Gathering and the Transport Service. The Elders' Group Development Workshop has been postponed indefinitely.

All services and programs still running have minor changes to obey new laws and to minimise the risk of infection, such as asking staff, clients and visitors to stay at least 1½ metres apart and regularly sanitising commonly touched items.

The Bakery can now sell food only for take-away.

Our services will now get in touch with you by phone or email more often.

Some PICC FIFO staff will fly to Palm less often and work remotely more often.

Regulars at the Women's Yarning Circle and the Night Café are having care packages delivered to their homes. These will come Tuesday evenings for the Women's Yarning Circle attendees and Monday, Tuesday and Thursday evenings for Night Café attendees.

Travel restrictions mean Medical Centre patients can no longer travel to Townsville to access specialist services. Only the seriously ill can now be evacuated to the mainland.

All other services and programs are open until further notice. Contact each service and program directly for detailed information about their changes.



Welcome to the new-look Wunja Tribal Voice
the Palm Island Community Company newsletter

For more updates from PICC, you can like
our Facebook page and watch our
videos on our YouTube channel.





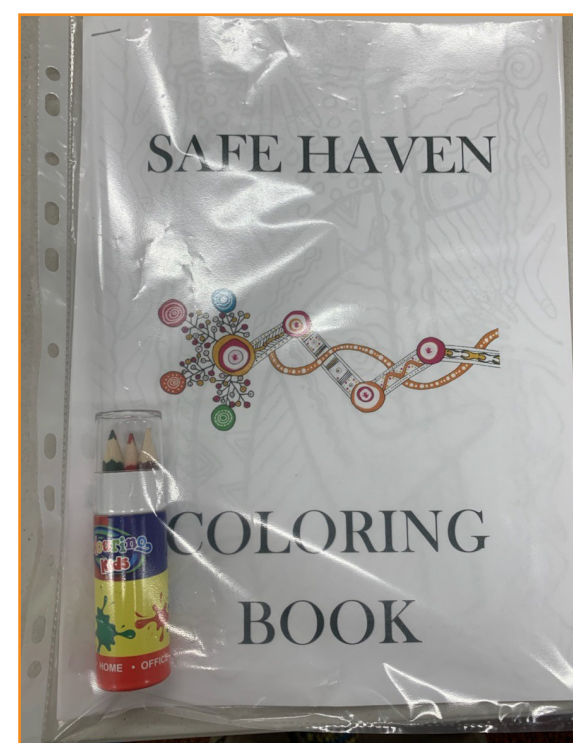
Bringing Our Programs to Your Home

At left, Janet King and Aida David with Women's Yarning Circle care packages and some of their contents.

At right, Dyella Morgan with meals she helped prepare for Yarning Circle regulars.

At the far right, some of the items found in the care packages for Night Café regulars.

Below, Ursula Coolwell, Loylitta O'Neill, Ethel Robertson and Maryanne Bligh with care packages they put together for Yarning Circle regulars.



Coronavirus: Some of Your Questions Answered

NOTE: the information in this article reflects the knowledge about novel coronavirus (COVID-19) when this newsletter was published. This information may change as more is learnt about coronavirus and as the pandemic develops. The medical information and advice in this article is general—you should consult a medical professional directly for information and advice about your health, especially if you believe you may have coronavirus or if you are at risk of coronavirus.

What are the symptoms?

Milder cases of coronavirus are sometimes described as feeling like the flu. The tell-tale symptom is shortness of breath. Not everyone will have it, but if you do, you will know that it's not a cold or influenza.

The most common symptoms of coronavirus are a fever, a cough and fatigue. Most people with coronavirus will develop these symptoms.

Less common symptoms are a headache, a stuffy or runny nose, a sore throat, coughing up sputum, aches, chills, nausea, vomiting, sneezing and diarrhoea.

In severe cases the symptoms include a fever of 40 degrees or more, severe breathing difficulty and coughing up blood. These are signs of pneumonia, the most common cause of death in coronavirus patients.

How will I know if I have it?

It can take up to two weeks for symptoms to appear after you have been infected, but most people will show symptoms within a few days, as with other viruses.

Testing is the only way to know for sure if you have coronavirus, but a shortage of tests means not everyone can be tested. You are eligible for testing if you live in a remote Aboriginal or Torres Strait Islander community and you have a fever or difficulty breathing.

Coronavirus is still uncommon, however, so if you show symptoms it is much more likely you have an ordinary respiratory virus, such as a cold or the flu.

What happens if I get it?

Exactly what will happen to a person who gets coronavirus will depend on many things, including the quality of health care they get. Most people who get coronavirus (more than

four in five) will feel unwell for a time, and they will recover fully after their body has fought off the virus. Normally this will take one to two weeks after symptoms first appear.

Some people will get coronavirus but feel perfectly well; the only way they will know they have it is if they are tested. But because they show no symptoms, they are rarely tested, so it is not known how many people this is.

A minority (one in six people or so) will get more severely affected by the virus and require special treatment; some will have to go to hospital.

It is almost always the elderly and people with chronic health conditions or compromised immune systems who develop severe cases of coronavirus—diabetes, heart disease and high blood pressure are some of the most common conditions seen in badly affected patients.

Generally healthy young and middle-aged adults do not often develop a severe or fatal case of coronavirus, but it can still happen. Coronavirus in children is unusual, and severe cases in children are very rare.

It is not yet known if coronavirus has any long-term health effects, but so far patients who survive seem to recover fully. It is also too soon to say whether coronavirus affects unborn

children, but there is no evidence yet that there is a risk of harm.

How is it treated and cured?

There is no treatment or cure for coronavirus. Only its symptoms can be treated while the body's immune system fights off the virus. There is also no vaccine.

Treatments and a vaccine are currently being researched, but they are unlikely to be ready until next year at the earliest. This is why we have to take care not to spread it now.

How can I prevent it?

You need only take a few steps to considerably reduce your risk of getting coronavirus and to prevent its spread.

1. Wash your hands with soap thoroughly and often for at least 20 seconds (and preferably longer). You do not need antibacterial soap: the trick to disinfecting your hands is soap of any kind, water and a good technique. You can also use hand sanitiser if you have it.
2. Do not touch your eyes, nose or mouth without washing your hands first. Always wash before you eat, after using the toilet, after being in contact with the sick, after handling money and after being in public.
3. Cover your nose and mouth every time

you cough or sneeze. You can either use a tissue (and always throw it away immediately afterwards) or you can cough and sneeze into the crook of your elbow. Never cough or sneeze into your hands unless you wash or sanitise them thoroughly immediately afterwards.

4. Avoid going out unless you have to for food, work, medical care and anything else you can't do at home. The elderly should not leave their homes at all except in an emergency. If you have to go out, stay well away from people whenever possible—at least 1½ metres and preferably more. Avoid crowds and large groups of people. Do not touch other people, including shaking hands and kissing babies. (This is sometimes called “social distancing”.)
 5. Wear a face mask if you are coughing or sneezing or if you are in close contact with the sick. No one else needs to wear one.
 6. Disinfect often any commonly touched objects, especially if anyone has coughed or sneezed nearby: doorknobs, countertops, handrails, phones, keyboards and mice, touchscreens, keys and so on. Viruses can live on objects for several days.
 7. Get your vaccinations if they are due, especially influenza. Having the flu at the same time as coronavirus makes it much more likely you will get a serious case.
 8. Cut down or stop smoking if you can. Smoking increases your chances of a serious case of coronavirus.
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Medical Centre Now Moving in May

The PICC Medical Centre is now merging with the Primary Health Care Centre in May, not on 6 April as reported in the *Wunja Tribal Voice* no. 8.

The delay is due to preparations for a potential outbreak of COVID-19 (coronavirus) on Palm Island.

The new merging date will be determined and advertised shortly.

We apologise for any confusion or inconvenience this may have caused for our patients, our clients and the community.

Thanks for a Great Day!

PICC would like to thank all our staff who volunteered their time helping make the PICC Open Day a success.

The first PICC Open Day was held in February, with stalls, information, free merchandise, a barbecue and a lot of fun activities.

PICC Open Days connect the Palm community with us and shows the range of services, supports, programs, businesses and activities we offer.

Pictured at right are two gardeners from the Diversionary Service volunteering at the free barbecue.

PICC will hold Open Days regularly when it is safe to have public gatherings again. We hope you will join us then.



Congratulations Obe Geia

Obe Geia Jnr is now a qualified electrician after completing his apprenticeship with Jason Healy Electrical. On the 11TH March 2020, Obe finally passed his final assessment to complete the Cert III in Electrotechnology Electrician Course.

Obe started working as a labourer for Jason for 2/3 years before he decided to sign up for the apprenticeship in late 2014. He was determined to see this through to the end, but it took some time as he had other priorities in his life, one of them being rugby league.

Obe represented Palm Island in the All Blacks Carnivals attending about 2-3 carnivals a year and playing for Brothers in the Townsville league which took him away from his studies as the training would take up most of his time. So Obe had to decide on what was his main priority. So, in the last year and a half, he chose not to play football and concentrate on completing his studies.

I would like to express my appreciation and gratitude to my one and only son for accomplishing what he did and giving to his young family, his fiancé Chenice and sons Kaylan, Israel, Obadiah & Andreas.

I also like to acknowledge Jason & Jen Healy for their support and dedication in helping Obe on his journey. And all the people that stood by him during this time. Thanks You All.

By Georgina Haines



PICC Medical Services Welcomes Trish Hunt (Chronic Care Nurse)

Trish is a loud and proud Aboriginal woman from NSW who has spent the last 8 years working for our mob at TAIHS in Garbutt, Townsville.

Trish is experienced in all aspects of Aboriginal Health, with finely tuned skills in diabetes management, wound care, oncology and rheumatic heart.

She has also worked in the acute hospital setting at the Mater and Westmead Hospitals in Emergency, Coronary Care and Orthopaedics.

Trish is non-judgemental, she is down to earth, warm and very approachable. Please feel welcome to yarn with Trish anytime, about anything.

Trish can be contacted at the PICC Medical Service on 4791 4031.



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9. Take care of yourself and your health. Eat plenty of fruits and vegetables, avoid sugar and fatty foods, and exercise a little. By keeping yourself healthy, your immune system will be stronger and better able to fight off any infection,

and you also reduce your chances of developing the kinds of chronic diseases that put you in at high risk for a severe case of coronavirus. You might also avoid the need for medical treatment in a medical centre or hospital that is busy with lots of coronavirus patients.

What else can I do?

Although this could be frightening, it is important to be calm. Not everyone will get coronavirus, and most of those who do will have only mild symptoms and recover fully. By staying calm, you can make sensible decisions about how to protect yourself and prevent the spread of coronavirus.

Good prevention and good hygiene now slows the spread of coronavirus or stops it completely. Besides fewer people getting sick, this also means that medical services are not overwhelmed with coronavirus patients.

If you can, buy a little more than you need every time you shop in case you have to isolate yourself. Try to build up two weeks' supply of food and four weeks' supply of any medications you need. There is no need to panic buy: there is no shortage of anything, but overbuying means that many people miss out while others end up with far more than they need.

It's also important for everyone in the community to look out for one other. Check in on your friends and neighbours. Especially if they have to stay at home, they might need someone to get them groceries or supplies, or they might just like to yarn about what's on their mind in this stressful time.

What will happen here?

There are no known cases of coronavirus on Palm, but this could change at any time.

It is too early to say what the effect of coronavirus will be in Australia and on Palm. In other countries, many things which affect how the pandemic is going, which make it hard to compare their experiences to Australia.

Sadly, because of higher rates of chronic illnesses in our communities, Aboriginal and Torres Strait Islander people are at a high risk of catching coronavirus and a high risk of developing a severe case.

Fortunately, we have had plenty of time

to prepare, we have an excellent health care system, coronavirus doesn't seem to be spreading widely in Queensland and travel to Palm is now restricted only to essential people to limit the potential for it to travel here.

Where can I find out more?

The situation is still developing, and we are still learning more about coronavirus. For these reasons, it is important to keep yourself informed from authoritative sources. For more information on coronavirus, you can visit the following websites:

- healthdirect.gov.au/coronavirus
- qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19
- health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert

What do I do if I have symptoms or if I have been near someone with it?

If you begin displaying symptoms of coronavirus or if you have been in close contact with someone diagnosed with coronavirus:

1. Stay at home and away from everyone else living there too.
2. Call the new national coronavirus hotline (1800 020 080) or the PICC Medical Centre (1800 725 647 or 4791 4031). They will tell you what to do next. You may have to be tested. Do not go to a medical centre without telling them beforehand that you may have coronavirus—they will need time to prepare for your arrival.
3. Prepare yourself for the possibility you may need to isolate yourself at home for up to two weeks. Your doctor will tell you if you need to do this (you may not need to, or you may have to for less than two weeks) or if you need to go to the hospital.
4. If you are showing symptoms of severe coronavirus—a high fever, coughing up blood or severe breathing difficulty—call 000 right away.



PICC MEDICAL SERVICES

Lot 68 Reid Lane, Palm Island QLD 4816

IMPORTANT NOTICE

CALL US FREE OF CHARGE ON 1800 725 647:

- ❖ You can talk with a PICC Doctor or Nurse from the comfort of your home by using telehealth
- ❖ Our team are happy to assist you at any time, just call us
- ❖ If you don't have a phone you can still come to see us at the clinic

Clinic Hours

Monday to Friday 9:00am-4:00pm

After Hours Clinic

Monday to Wednesday
4:00pm-9:00pm

WE WILL KEEP YOU INFORMED OF ANY CHANGES TO SERVICES AS THEY OCCUR

Palm Island Community Company Services Directory

PICC offers a wide range of everyday and special programs and services to the Palm Island community.

Residents are welcome to visit all programs and services they need.

CROSSED-OUT LISTINGS ARE NOT RUNNING UNTIL FURTHER NOTICE BECAUSE OF THE CORONAVIRUS PANDEMIC

Children and Family Centre (CFC): Reid Lane. 1800 725 647 or 4791 4031.

- Medical Centre.
- Early Childhood Program.
- Parenting and Health & Wellbeing Project
- After-Hours GP Clinic: Mondays, Tuesdays & Wednesdays until 9pm. We welcome walk-ins, or call Reception on the number above to make an appointment.
- ~~Playgroup: 0497 656 460. Monday to Friday 10am–1pm, outdoors Tuesdays and Thursdays. Mobile playgroup will be in various safe locations on the Island. Transport and meals are provided for children and parents.~~

Community Justice Group: Reid Lane. 4791 4001.

Community Op Shop: Beach Road. 4770 1677.

Open Monday to Thursday 9am–5pm and Friday 8am–4pm.

We have new and second-hand clothing and home wares, footwear, bags, reading glasses and sunglasses, prepaid phones and technology items, bric-a-brac and gift lines.

Diversion Services: Reid Lane. 4791 4071 or 4791 4072.

- Adult Patrol: 0491 295 342. Patrol Hours: Wednesday 6–8pm, Thursday & Friday 4–10pm, Saturday 9am–12pm & 5–10pm, Sunday 9am–12pm & 2–5pm. Diversionary office hours are 8.30am–5pm Monday to Friday.
- ~~Men's Gathering: Monday 6–8pm. For transport contact Milton or Frank before 4pm on 4791 4070. We invite all men to come along for a light meal and great company to discuss all topics of concern in our community. A regular night of story telling, sharing and learning from one another.~~

Domestic and Family Violence Specialist Service: Reid Lane (in CFC Building). 0448 707 789 (Janet King).

Family Participation Program: Bentley Street. 4791 4024.

Family Wellbeing Centre: The Mall. 4791 4050.

Mental Health (Stepped Care Program): Reid Lane (in CFC building). 4791 4031.

NDIS Community Connectors: 0499 167 543.

PICC Bakery and Fuel – the cheapest fuel on the Island!

Farm Road. 4770 1653. Fuel cards accepted.

Bakery: Monday–Friday 8am–3pm.

Our specials are Doner Kebabs and

Ham & Cheese Croissants. **TAKE-AWAY ONLY.**

Palm Automotive

PALM ISLAND: Farm Road. 4770 1257.

Opening hours: Monday–Thursday 8am–5pm, Friday 8am–3pm.

TOWNSVILLE: 3/27 Hamill St, Garbutt. 0459 817 408 (Shane Stewart). Opening hours: Monday–Friday 8am–5pm, PICC off-pay week Fridays 8am–5pm, Saturdays 8am–12pm.

Safe Haven (Creating Safe Communities): The Mall. 4791 4006.

- ~~Night Café: Monday, Tuesday and Thursday 3–7pm (Wednesday nights at the PCYC). Light meals provided. 4791 4006.~~
- Youth Patrol: Monday, Tuesday and Thursday 4pm–9pm at the CFC (Wednesdays at the PCYC).

Safe House (Residential Services): Bentley Street. 4791 4020 or 4791 4024.

Townsville PICC Office: Suncorp Plaza, 61–73 Sturt Street, Townsville City. 4421 4300.

Women's Healing Service: Townsville Women's Correctional Centre, Stuart. 4421 4300 (PICC Townsville Office).

Women's Services (Women's Shelter): Mango Avenue. 4791 4010 or 4791 4011.

- ~~Women's Healing Circle: every Monday from 10am–12pm.~~
- ~~Women's Yarning Circle: Wednesdays 6–9pm, free meal included.~~

Unleaded Fuel Times

Monday: 10am to 4.30pm

Tuesday to Thursday: 8am to 4.30pm

Friday: 8am to 3pm

**Diesel is available
seven days**

