



April / May 2020

# HEALTH AT DULWICH

## Message from Dr Alice Kao

At Health at Dulwich, we understand that the COVID-19 pandemic is an extremely stressful time for our patients, our staff and all of our families.

Our dedication has ALWAYS been to the health and wellbeing of our broad community.

So, to safely and effectively serve you during this difficult time, we are now only offering telephone consultations.

We have made this decision as our number-one priority is the health and safety of our community, and our commitment to help to slow this pandemic. We thank you for your support and understanding and we look forward to offering you the same quality of health care by telephone for now.

We have also simplified access for our patients and, for the course of the pandemic, we will bulk bill patients that meet Medicare's bulk-billing rules.

With health and safety first, we are here to serve you as we always have.

To book your telephone appointment, please ring our reception on 7221 2588.

*Alice*

### Flu Vaccine Clinic

Flu Vaccines are now available,  
book your appointment with  
our FLU VACCINE CLINIC today!

**Telephone: (08) 7221 2588**

12 Stuart Road, Dulwich

[www.healthatdulwich.com.au](http://www.healthatdulwich.com.au)

Monday – 9:00am to 6:00pm

Tuesday & Wednesday – 8:30am to 5:00pm

Thursday – 8:30am to 7:30pm

Friday – 8:30am to 5:00pm

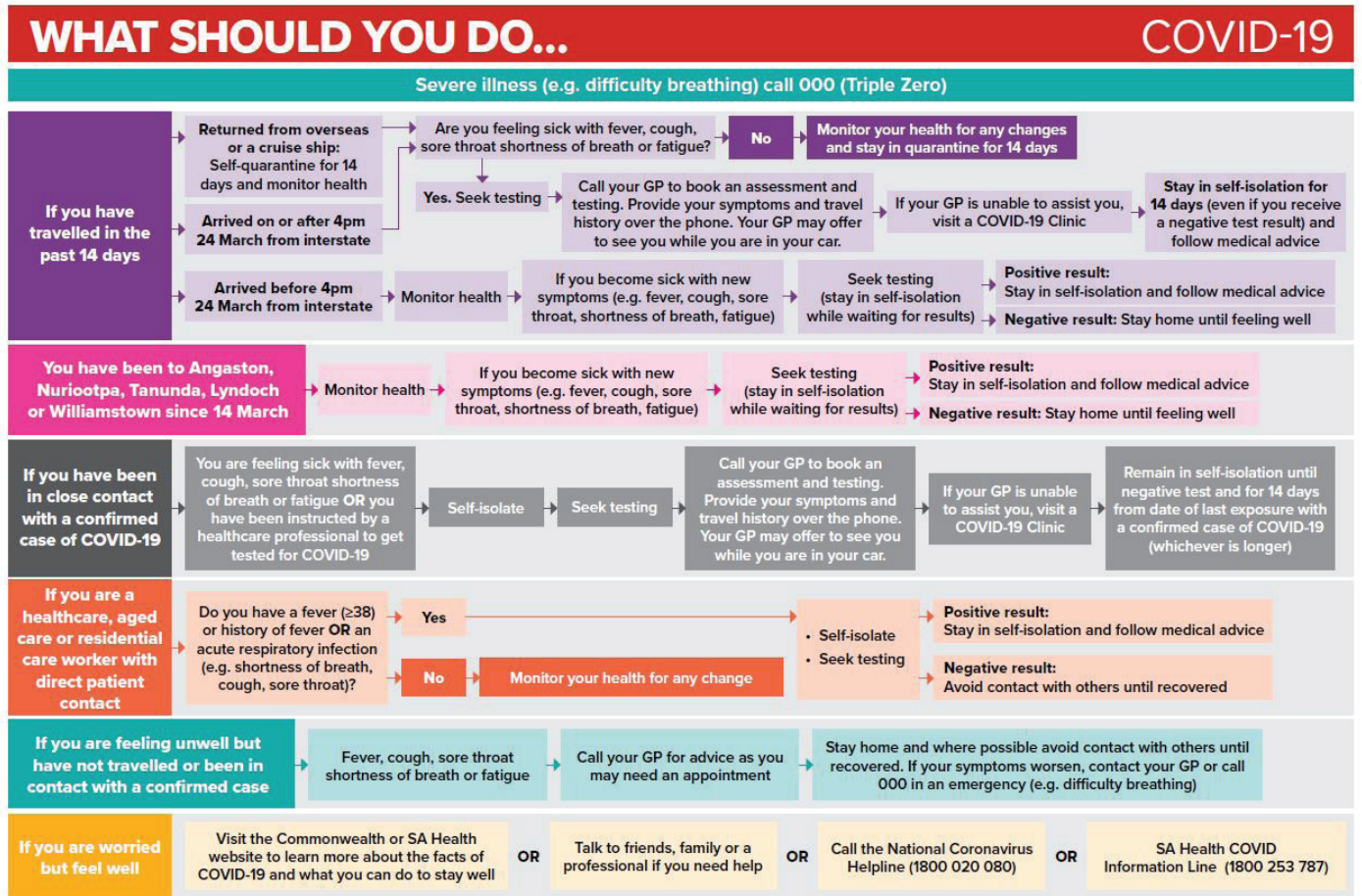
Saturday – 9:00am to 12:00pm



April / May 2020

# COVID-19 Update

To help you and your family stay safe and well, here are some ways you can protect yourself.



Health Practitioners should refer to the latest COVID-19 CDNA National Guidelines for Public Health Units for a comprehensive list of case definitions.



Government of South Australia  
SA Health

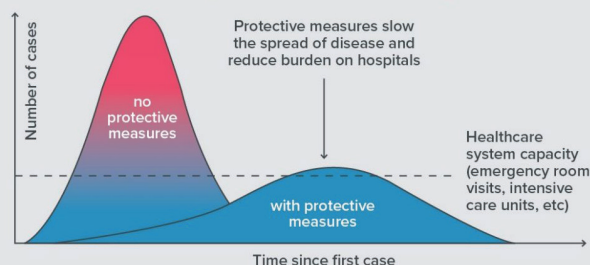
UPDATED 30 MARCH 2020

[sahealth.sa.gov.au/COVID2019](http://sahealth.sa.gov.au/COVID2019)

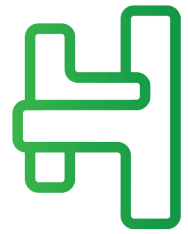
FIS 200158

## Flattening the curve

# COVID-19



To keep up with the latest developments, please visit the **Department of Health website**.



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## COVID-19 and Mental Health

It's normal to feel worried and stressed during this uncertain time, with a health crisis affecting lives around the globe.

Being concerned about the spread of COVID-19, social distancing, changes in work status and being in quarantine can have an impact on your mental health. Some of the impacts can include:

- Increased anxiety
- Psychological distress
- Social isolation
- Variation to employment or study
- Enforced changes to normal routines.

To try and maintain mental health, you could:

- Maintain your normal daily routine as much as possible
- Ensure you connect with family and friends, digitally or ensuring social distancing
- Get some exercise and fresh air
- Eat healthy meals and try and avoid comfort eating
- Monitor alcohol intake.

Having the support of family and friends can help many of us manage these challenging times. For those seeking more help, here are some valuable resources.

### **SA Health**

A new mental health support line for South Australians during the COVID-19 pandemic has been launched by SA Health, **click here**. The support line is available 8am to 8pm seven days a week on 1800 632 753.

### **Beyond Blue**

Telephone 1300 22 4636 or visit **website**

### **Lifeline Australia**

Telephone 13 11 14 or visit **website**

## World Asthma Day

Asthma is a complex condition that impacts everyone differently. Some people develop asthma as a child, others as adults. Some people have symptoms often, some only for a shorter period.

When you understand how your asthma affects you – or someone you care for – then you can take control of your health. Most of the time, asthma can be managed so you can breathe freely and live your life fully.

For more information, visit the Asthma Australia website. The site now includes details on Covid-19 and Asthma.

Health at Dulwich practitioners can assist you in managing your asthma with a GP Management Plan,

For more information, visit the **Asthma Australia website**. The site now includes details on **Covid-19 and Asthma**.

Health at Dulwich practitioners can assist you in managing your asthma with a GP Management Plan, **click here to learn more**.