# ATDULWIC

### 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.

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# 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

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



### COVID-19 Update

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

#### WHAT SHOULD YOU DO ... COVID-19 Severe illness (e.g. difficulty breathing) call 000 (Triple Zero) Are you feeling sick with fever, cough, Monitor your health for any change and stay in quarantine for 14 days Returned from overseas No → sore throat shortness of breath or fatigue? or a cruise ship: Self-quarantine for 14 days and monitor health Call your GP to book an assessment and Stay in self-isolation for Yes. Seek testing -> testing. Provide your symptoms and travel history over the phone. Your GP may offer If your GP is unable to assist you, visit a COVID-19 Clinic 14 days (even if you receive a negative test result) and If you have a negative test result) and follow medical advice Arrived on or after 4pm travelled in the 24 March from interstate to see you while you are in your car. past 14 days Positive result: Stay in self-isolation and follow medical advice If you become sick with new Seek testing (stay in self-isolation Arrived before 4pm → Monitor health → symptoms (e.g. fever, cough, sore 🔶 24 March from interstate throat, shortness of breath, fatigue) while waiting for results) -> Negative result: Stay home until feeling well **Positive result:** You have been to Angaston, If you become sick with new Seek testing (stay in self-isolation and follow medical advic while waiting for results) -> Negative result: Stay home until feeling well Stay in self-isolation and follow medical advice Nuriootpa, Tanunda, Lyndoch or Williamstown since 14 March symptoms (e.g. fever, cough, sore throat, shortness of breath, fatigue) Monitor health -> + If you have been in close contact lf your GP is ι e yo r sympt with a confirmed ase of COVID-19 If you are a Do you have a fever (≥38) or history of fever OR an **Positive result:** healthcare, aged care or residential Yes Stay in self-isolation and follow medical advice Self-isolate acute respiratory infection (e.g. shortness of breath, care worker with Seek testing **Negative result:** direct patient No Monitor your health for any change cough, sore throat)? Avoid contact with others until recovered contact If you are feeling unwell but Stay home and where possible avoid contact with others until Fever, cough, sore throat shortness of breath or fatigue Call your GP for advice as you recovered. If your symptoms worsen, contact your GP or call 000 in an emergency (e.g. difficulty breathing) have not travelled or been in may need an appointment contact with a confirmed case Visit the Commonwealth or SA Health Talk to friends, family or a Call the National Coronavirus SA Health COVID vebsite to learn more about the facts of OR OR OR Information Line (1800 253 787) professional if you need help Helpline (1800 020 080) COVID-19 and what you can do to stay well 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

Time since first case

Healthcare system capacity (emergency room visits, intensive care units, etc) To keep up with the latest developments, please visit the **Department of Health website**.



## 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 live 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,

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