




Metro North Hospital and Health Service *Putting people first*

COVID-19 (Coronavirus)

Message from the Executive Director Medical Services
and Executive Director Nursing and Midwifery

Dr Elizabeth Rushbrook and Adjunct Professor Alanna Geary



COVID-19 update 102 – 15/06/2020

Dear Colleagues,

Once again, happy Monday – it is already a great week when we can still report no new positive COVID-19 cases. With restrictions continuing to ease and July 10 fast approaching to lift restrictions even further, please continue to practice social distancing, excellent hygiene and if you are sick stay home.

Today's updates include:

- Queensland's borders
- If you're sick, stay home! (AND get tested)
- Wellbeing update

Queensland's borders

Over the weekend it was announced Queensland's borders would reopen on July 10 pending a review of medical advice at the end of June. This is in line with the original timeline provided in Queensland's roadmap to easing restrictions. While it is likely our borders will remain shut for the impending Queensland school holidays, our great state offers many great holiday locations that are open, accessible and in need of tourists to assist in rebuilding their local businesses.

My husband and I went out for dinner to a restaurant on the weekend. It was so nice to have some sense of normality, even though it was very regimented, in at the correctly booked time and out within an hour and a half, no bar service at the bar, but it was lovely to be waited on and it was so nice talking to some delightful hospitality workers who were so thrilled to be back at work. I also confess while I haven't cooked every meal since lockdown started I am a little over UBER Eats. Nice to get out of the tracksuit pants, get a little dressed up and dine out!!

If you're sick, stay home! (AND get tested)

As the weather continues to get cooler and our flu season ramps up, it is so important that you stay home if you have any cold or flu like symptoms. This year especially, as the world is still fighting through a global pandemic, do not be a hero and think you can come to work and put your colleagues at risk of illness as well. Even if you've tested negative to COVID-19, it is so important that you stay home and allow your body to rest and recover. Those who are presenting to work with flu like symptoms should be sent home and be recommended to attend a fever clinic.

No one is immune to this virus, if you're displaying symptoms, get tested.



Wellbeing Update

I've done my [RUOK? Training](#), have you? This training is so important in knowing how to ask the question to someone who may be struggling with life but more importantly, it will prepare you to be able to respond if the answer is no.

The grip the pandemic has on our community may be loosening but it is still just as important to check in on, firstly, your wellbeing but also your family and colleague's wellbeing. Someone may be struggling with the idea of returning to work in an office full of people or nervous about returning to large gatherings in society. If you, or someone you know is struggling, encourage them to reach out. It's a long road to adjusting to our new normal and it will impact everyone in a different way. At work, you can reach out to [Benestar](#) or one of our RUOK'ers. Remember talk to each other, "A problem shared, is a problem halved".

Even though we currently don't have any COVID-19 patients in our care, you may still be feeling the impacts of working directly with a COVID-19 patient or putting yourself in a difficult situation testing peoples suspected or requesting testing. Our COVID Staff Psychology Support service is a tailored onsite counselling service for any Metro North employee who requires support as a result of working directly with COVID-19 patients. Our psychologists that make up this service are now accepting referrals. For further information please see the [COVID Staff Psychology Support extranet page](#). The psychologists who staff this area are highly trained professionals who will make the time to listen to your concerns, talk with you and provide you with strategies to deal with the issues that may be bothering you. Please take advantage of the service offered.

Take care, stay safe, continue to practice all of the COVID-19 measures and have a great week everyone!

Kind regards,
Adjunct Professor Alanna Geary
Metro North Incident Commander

Metro North HHS – Overview of Cases*

HHS	Patients being managed by HHS						FEVER Clinics			
	Total In-patients			Virtual Ward / HITH / or similar	Deaths **	Total cases managed by HHS (including recovered) ***	# of clinics	Presentations		
	ICU Pts		ICU-NOT Ventilated					ICU- Ventilated	Last 24 hrs	TOTAL ^
	ICU-NOT Ventilated	ICU- Ventilated								
MN TOTAL	0	0	0	0	3	324	5	307	29,016	

*With effect 15 June 2020

**Metro North has three recorded deaths (one person a return traveller into NSW, who passed away in NSW)

*** These numbers reflect the cases being managed by Metro North.