



Dear colleagues,

Yesterday I communicated that we have moved to [Tier 1](#) of our pandemic response plan which involves strategies to mitigate the spread of community transmission within our hospitals. While Metro North have not identified any new cases since the Metro South outbreak our testing clinics are being inundated with over 1000 tests yesterday doubling from the day prior. We are monitoring this situation closely to ensure that we are able to keep up with the demand.

### Fever Clinics

Across Metro North we have five fever clinics operating and as of today some of their hours have been extended to keep up with the requirements for testing. Fever clinic information can be found [here](#). Additionally, below are alternate testing clinics in both North and South Brisbane.



### Gaining Control

The only way we can gain control of community transmissions in Queensland is to adhere to social distancing, hand hygiene and covering coughs and sneezes. Across Metro North, we have dropped the ball. I am seeing staff doing things that even a few short weeks ago we would not have done. Remember you need to be practicing social distancing when with your colleagues and friends. It is not acceptable to be walking and sitting in groups, it is vital that you wash your hands regularly and use the sanitising stations that are situated across our facilities and directorates. Please I cannot emphasise enough the requirement to do all those great things we were doing only a few short weeks ago. We can get on top of this, but we need to work together to do so. We are healthcare staff and therefore we need to set the example and be the leaders that we all know that we can be.

Regardless of where you work or where you live adhering to our **Metro North Mantra** is crucial in preventing further community transmission – it needs to be lived by:

- Physically/socially distance where possible.

- Excellent hand hygiene INCLUDING sanitizing at every entrance and exit to our hospitals.
- If you're sick, **GET TESTED AND STAY HOME** – do not come to work, your line manager will send you home if you are unwell.
- Avoid crowded places or transit quickly through high foot traffic areas if they can't be avoided.
- Cough or sneeze into a tissue or your elbow, dispose of the tissue immediately, and wash your hands.
- Do not travel to identified COVID-19 hotspots and avoid any other unnecessary interstate travel.
- Follow all health directives and restrictions imposed by the Premier and Queensland Health.

WE MUST set an example. Our community is watching us, if we as healthcare professionals aren't adhering to the general guidelines, how can we preach physical distancing, hand and general hygiene to the greater community? Pay attention to signs around the hospital, at lift entrances and at our cafes.

Additionally, I want all staff to feel empowered to call out this behaviour as I mentioned in yesterday's message. If you see a group of staff members not socially distancing, call them out. If you see a staff member walk through an entrance or exit without sanitising, call them out. If you see a staff member at work who is clearly unwell, encourage them to get tested and go home. And please, if you are challenged by your colleague because you have slipped up, don't be offended...remember our Values in Action and trust that your colleague is trying to look after you!!!

### **Wellbeing during this time**

Last night and today we have seen unprecedented presentations at our fever clinics with the numbers doubling overnight. This is similar to what we saw in March/April of this year. The general public are deeply concerned, and this is reflected in the calls, media presence and community presentations. I know that as staff you would have a level of anxiety also. We all cope with our stressors differently so please know that if you are feeling anxious, nervous, worried or concerned or in any way please do not hesitate to reach out. We have many resources in MNHHS and I strongly recommend that you use them. Please take time to destress and debrief and look after each other during this time. An excellent resource to support this is our [COVID-19 staff psychology clinic](#).

Please remember, we have been in this exact position before. My request to you all is that you look after each other, you seek advice from reputable sources such as this daily update from Dr Elizabeth Rushbrook and/or myself, those of your Executive Directors and senior staff, the Chief Operating Officer and/or the Chief Executive.

Metro North are prepared and ready to take whatever next step is necessary. We are reviewing all of the previous planning and documentation to make sure it is absolutely up to date and purpose built for the situation as it is today. You, your family, your friends and colleagues are of the utmost importance. WE the broader Metro North family are here to work together and ensure that our physical and mental, health and wellbeing as individuals is so very important. Tap into our [wellbeing resources online](#), reach out to an RUOK'er, a Peer Responder or Benestar.

Liz Rushbrook will be the Incident Commander tomorrow and over the weekend. I will be back next week. Until then please take care.

Kind regards,  
 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						Last 24 hrs	TOTAL ^
	ICU-NOT Ventilated	ICU-Ventilated						
MN TOTAL	0	0	2	3	340	5	1044	48,591

\*With effect 30 July 2020, 1000

\*\*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.