



Dear colleagues,

Happy Monday. I hope everyone enjoyed their weekend and managed to get in some downtime. Looking after ourselves is so important and I cannot stress enough how important it is for you to look after number one. We cannot look after our patients, their families or even our own families if we do not look after ourselves in the first instance. It is very easy to become very caught up in the day to day grind, not realising just how it is affecting us. We are so busy, not only with our pandemic response but also in managing the “normal” hospital business we have. Please remember to look out for your physical and mental health first! You are Metro North’s greatest asset!

Latest Update

It’s been a great 24 hours across Queensland with no new positive COVID-19 cases and one active patient in the Metro North catchment. In the last 24 hours our fever clinics across Metro North tested 1162. These high testing numbers with low to zero positive test outcomes is a great sign that the community transmission is low in Queensland. It only takes one positive person out in the community to spread the virus so please, if you’re sick get tested and stay home.

Also be reminded that there are areas declared as being at risk, commonly known as “hot spots” so it is important that if you were at these [locations](#) during the identified times that you present immediately for testing should you become unwell, remaining aware of what is going on in the community is important. We will endeavor to keep you informed but please also listen to reliable sources and stay vigilant.

It was a very busy weekend as we try and ascertain how to best manage moving forward. Numbers are low but do not lose sight of the end game and that is to keep as many Queenslanders free of infection. All of the initiatives we have in place should continue to stand us in good stead, so remember social distance, hand hygiene and if you are unwell stay away from work and get tested. Below I have included the Metro North Mantra, which Liz and I will continue to remind all staff. Your safety is paramount.

Residential Aged Care Facilities

There is no further news out of the Bolton Clarke Residential Aged Care Facility, other than the 105 residents all testing negative. Liz let you all know that yesterday. Staff were tested on Sunday and still awaiting their results. We are continuing to provide support to staff, residents and families of Bolton Clarke.

COVID-19 Facility Signage & Collateral

All new COVID-19 signage and collateral has been delivered via MN EOCs. Please ensure that all signs and posters are updated by the end of this week to assist in identifying any gaps in signage that may remain. The signage and collateral can be found in the [poster library](#) on the extranet.

Metro North Mantra

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

- Physically/socially distance where possible.

- Excellent hand hygiene INCLUDING sanitising 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 anything other than vital interstate travel.
- Follow all health directives and restrictions imposed by the Premier and Queensland Health.

Wellbeing during this time

If you're feeling stressed due to the current COVID-19 situation, please remember there is an abundance of wellbeing resources on our [Staff Wellbeing extranet page](#). Tap into our [COVID-19 staff psychology clinic](#) to destress and debrief if needed. Reach out to any number of RUOK?'ers who are on the ground identifiable by their badges. As always Benestar are available 24/7 for support as well.

You all would have heard in the media that Melbourne have entered Stage 4 lockdowns and are now confined to their homes and have a curfew between 8pm and 5am. While we are extremely lucky to not be in this situation, it comes down to the fact that as Queenslanders we did the right this from the start. Well done everyone. Our hearts and thoughts are with our southern counterparts in Melbourne and regional Victoria. To our Victorian family and friends you guys can get through this, and if you, like me, have loved ones in the midst of this let's stay positive and keep them in our thoughts!

Take care of yourselves, your colleagues and your families.

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		ICU-NOT Ventilated					ICU-Ventilated	Last 24 hrs	TOTAL^
	ICU-NOT Ventilated	ICU-Ventilated								
MN TOTAL	0	0	0	1	3	340	5	1162	53,733	

*With effect 3 August 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.