

MESSAGE FROM THE CHIEF NURSING & MIDWIFERY OFFICER

Metro North Health

Adj. Prof. Alanna Geary



Dear colleagues,

We are continuing to see an increase in patients and staff with acute respiratory illnesses, particularly COVID-19 and influenza A. Metro North is currently in [Tier 1 of our Acute Respiratory Illness \(ARI\) response plan](#).

Two of the most important things you can do to reduce the transmission of illness and protect vulnerable and immunocompromised people is to stay away if you have any respiratory illness symptoms and practice good hand hygiene.



Wet hands with water.



Put soap on hands.



Lather thoroughly, interlock and rub hands together.



Continue to wash hands for 15 - 20 seconds.



Rinse hands under water.



Dry hands with paper towel.

All staff are also encouraged to:

- to wear masks in line with the [PPE guidelines](#)

- ensure flu and COVID vaccinations and annual fit testing are up to date
- stay home if you're unwell, let your line manager know and submit your leave form as soon as possible via the Smart Leave form on MyHR
- check in with your line manager for any other requirements in your local workplace under your directorate Acute Respiratory Illness Response Subplan.

Visitors will continue to be encouraged to wear a mask, sanitise hands when coming and going, and stay away if they have respiratory illness symptoms. Masks and hand sanitiser will be provided at facility entrances.

I would like to take this opportunity to remind all staff who have not had their Influenza vaccine to strongly consider doing so. They are available at GP practices. As winter continues, we know that we have more respiratory illness, but this coupled with a return of children back to school does indicate that we may have an uptick in the community and therefore an uptick in our health service community as well. I would also suggest that you encourage family and friends to follow your lead and ensure immunisation.

Please stay safe and thank you so very much for all that you are doing. We are acutely aware of the busyness of our services but as always, our Metro North teams rise to the challenge and continue to provide exemplary care.

Kind regards,
Alanna



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Metro North Health acknowledges the traditional custodians of the land, and pays respect to Elders, past, present and future.



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