



### Summary:

- Precautions to protect your health during winter

Message feedback



**Audience: All staff**



**Read: 2 min**



**For: Action**

Dear colleagues,

With the middle of winter just having passed, we are seeing more and more cases of acute respiratory illness (ARI) in our community and in our hospitals. Last week, Metro North stepped up to Tier 1 of our Acute Respiratory Illness plan.

You may also be aware of a recently identified mpox case in Southeast Queensland and cases of Norovirus, reminding us to be aware of the presence of other infectious diseases in our community—not just flu and COVID.

It's essential that during this period, staff look after yourselves by taking the necessary precautions to help prevent the spread of illness and protect your health.

### What you can do

- Practice good hand hygiene (often and regularly)
- Stop, check and follow appropriate PPE use requirements, especially when caring for patients with suspected or confirmed ARI (please refer to the [Acute Respiratory Response Plan](#) for details on PPE requirements)
- Keep up to date with vaccinations (it's not too late)
- Stay home if you are unwell.

Be kind to yourselves and each other and be safe.

Regards,  
Alanna and Liz

**Metro North Health**



We uphold our commitment to health equity through our Values in Action  
Respect | Integrity | Compassion | High Performance | Teamwork



Metro North Health acknowledges the Traditional Custodians of the Land upon which we live, work and walk, and pay our respects to Elders both past and present.

**Metro North Health's vision**

Creating healthier futures together—where  
innovation and research meets compassionate  
care and community voices shape our services.



**Queensland  
Government**

If you have received this email and do not work for Metro North please follow this link to be removed from the mailing list.

[Email us](#)