



RED LILY HEALTH BOARD NEWSLETTER

Red Lily acknowledges the traditional owners and custodians across the lands on which we live, and work and we pay respect to elders both past and present

Minjilang children's and adult vaccinations!

On Tuesday 1 February, Alex and Cheyn from NTG pool of vaccinators came to Minjilang to help us with vaccinations. They did an outstanding job! They engaged the community very well and we have received some compliments from parents on the interaction.

We had very little hope of getting any 5-11s vaccinated at the start of the day. Ten children and twenty-four adults were the tally for the day.



Having no telecoms and no local staff we were stretched thin, but they independently saw all the people vaccinated on that day.

We managed to vaccinate a further 8 children on Friday 4 February. Dr Ros is supporting review of complex cases and we aim to complete child vaccinations this week.

Minjilang community is very keen to get everyone vaccinated for community protection.

Thank you Residents, Traditional Owners and Community leadership, for your help with COVID messaging and vaccination effort.

Working together to stop the spread of COVID-19!



For the past few weeks, the energetic Covid Team from Darwin has come out to support our community Kakadu to stop the spread of covid-19.

How to do a Rapid Antigen Test for Covid-19?

- 1** Open the packet and read the instructions carefully
- 2** Add the solution up to line on the testing tube
- 3** Collect the nasal sample by twisting the swab up your nose (until your eyes water)
Do this 5 times on the left nostril and on the right
- 4** Place swab into the testing tube
Snap off the stick and screw on the cap
Swirl the testing tube gently
- 5** Remove the bottom lid
Gently squeeze 5 drops onto the testing pad
- 6** Wait 15 to 20 minutes (no longer than 30mins) for the results
- 7** YES POSITIVE: Two lines means a COVID-19 positive result
NO NEGATIVE: One line means a COVID-19 negative result
- 8** Place the bottom lid back on the testing tube
Put in the bin

Interpreting your results, The Rapid Antigen Testing pad will show your results within 15-20 minutes.

If your result is negative – one line will appear on the testing pad.

If your result is positive – two lines will appear on the testing pad.

For proof of your negative test: Take a photo of your test.

If your result is POSITIVE (two lines): Immediately self-isolate and call your local Health Centre.

NIAA comes to Jabiru!



Alicia Smith with Matthew Berne, NIAA Regional Manager Arnhem Land and Groote Eylandt

Thanks for taking time for our 'hello' today and for recognising the hard work done by the Jabiru Public Health Team, we really appreciate your support during the COVID pandemic and looking forward to working together in the future.

We are ready!

Red Lily Health team in Jabiru are making sure that we are ready for and protective from Covid with the help of the Jabiru Health Centre, we all practice Donning and Doffing.

Donning and doffing refers to changing into and out of work clothes, gear, or equipment, in our case we are using PPE (Personal Protective Equipment) while supporting the community with Covid. Don means to put on and doff means to take off.

Dealing with covid we all must be super careful, always remember to wash your hands



regularly, keep your mask on, social distance and keep family and friends safe by doing the right thing.

National Condom Day 2022

Each year in February the 14th marks National Condom Day, a day to encourage and promote the use of condoms. Condoms are a reliable way to prevent both the spread of STI's and unintended pregnancies, so it's important that the young people have access to condoms and understand their benefits.

Did you know that condoms are around 98% effective at preventing the spread of STIs such as chlamydia and gonorrhoea and HIV. Condoms are less likely to break when they're used alongside water-based lubricant.

Anything oil-based such as massage oil or Vaseline can cause breakage.

Most importantly it's good to chat and check in with each other by talking about what both want to do.

This helps each other feel safe and pleased.

Kids Covid Vaccine 5-11 Yrs

Most children who get COVID-19 have a mild illness, some children, including those with no history of health conditions, can become very unwell with COVID-19. Children with some medical conditions (including chronic lung disease, congenital heart disease, neurological disease, obesity and immunocompromise) have a higher risk of becoming seriously ill or needing to be admitted to hospital if they get COVID-19.

The (Pfizer) COVID-19 vaccine can prevent children from becoming ill from COVID-19. The vaccine schedule for children is 2 doses, given 8 weeks apart.

After getting the vaccine, your child's body makes copies of the spike protein. Your child's immune system will then learn to recognise and fight against the SARS-CoV-2 virus, which causes COVID-19.



Your child may experience some side effects after vaccination. Side effects are normal and a good sign that the vaccine is working.

These side effects are usually mild and go away within one or two days. If they experience pain at the injection site or fever, headaches, or body aches after vaccination, you can give them paracetamol or ibuprofen. If there is swelling at the injection site, you can use a cold compress.

Do you have questions or want more information?

Contact Red Lily Health Board at info@redlily.org.au

If you would like to get latest information about Red Lily Health, please visit our website or follow us on Facebook & LinkedIn.

Website: redlily.org.au

Facebook: www.facebook.com/redlilyhealth

LinkedIn: www.linkedin.com/company/31371580

Instagram: <https://www.instagram.com/redlilyhealth>

Acknowledgement: Red Lily Health is funded by Kakadu West Arnhem Social Trust (KFAST), NT Primary Health Network (NT PHN) & Australian Government Department of Health. Red Lily Health is supported by Aboriginal Medical Services Alliance NT (AMSANT) & NT Health, Top End Health Service (NT Government).