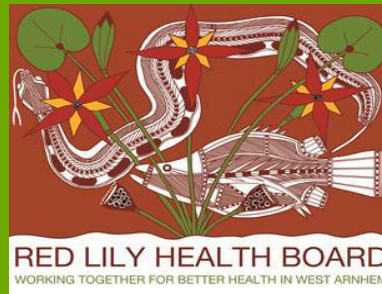


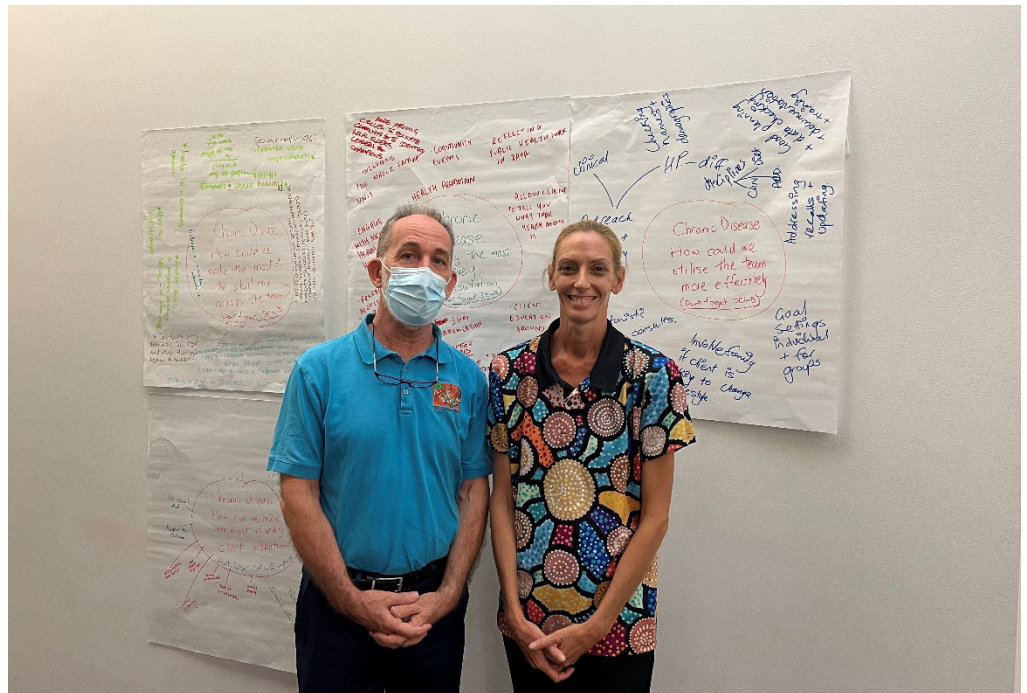
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RED LILY HEALTH BOARD NEWSLETTER

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

Jabiru Planning Day!



On March 31, 2022, Brad Palmer, Alicia Smith, Mrinal Dey and Nathaniel Patterson from Red Lily attended the Jabiru Health Centre Planning Day, which was held at the Jabiru Mercure Crocodile Hotel's meeting room. Caitlin O'Connor, the manager of the Jabiru Health Centre, welcomed everyone to the session. Kerry Copley from AMSANT served as the session's pilot, guiding everyone through the workshop in a seamless and enjoyable manner. Everyone gave their best to plan and secure better healthcare for the community by participating actively and passionately.

Kids COVID Vaccine – 2nd Shot



Vaccination is the single most effective tool available to prevent infection in children and adults. Young children who cannot receive a vaccine are protected by the vaccinations of adults and older children around them.

Additionally, physical distancing, good hand and respiratory hygiene are all important preventative actions we can take to prevent the COVID-19 infection.

Recently, Jabiru was fortunate to have the COVID vaccination team to support the 2nd shot for kids aged 5–11 years.

Teach your children to:

- Wash their hands with soap and water often and thoroughly (for at least 20 seconds) to prevent viruses from entering their bodies. This includes after being out in public, before eating, and after going to the toilet.
- Cough or sneeze into a tissue or their elbow (and wash their hands and put the tissue in the bin afterwards).
- Try not to touch their faces.
- Try to stay at least 1.5 metres away from people who are coughing or sneezing.

End of Term Program with Stars



At the end of Term 1, Red Lily and Stars partnered together to develop a programme to improve the health outcomes of indigenous girls and show them how to make active choices to reach their full potential.

This can be achieved by building individual capacity, resilience, and life skills.

The topics included are:

- Hygiene and body care
- Relationships – positive/negative
- Trust and empowerment

Flu Season is back!

Seasonal influenza is characterised by a sudden onset of fever, cough (usually dry), headache, muscle and joint pain, severe malaise (feeling unwell), sore throat, and a runny nose.

The cough can be severe and can last 2 or more weeks. Most people recover from fevers and other symptoms within a week without requiring medical attention. But influenza can cause severe illness or death, especially in people at high risk.



Vaccination is the most effective way to prevent the disease. Safe and effective vaccines are available and have been used for more than 60 years.

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>

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