



PORMPUR PAANTHU NEWS WEEK

Issue 111: Monday 18 July 2022

You don't have to exercise alone...
come and join the Pormpuraaw

Running and Walking (RaW) Group

5PM Tuesday avos
6.30AM Wednesday
mornings

– Meet at Boomerang –
– All levels welcome –
Exercise – Fun – Community



Pics thanks to Fiona Millard/Apunipima

ndis



NDIS In partnership with Pormpur Paanthu Aboriginal Corporation

The role of the Remote Community Connector (RCC) is:



- To Provide you with information on the NDIS
- To help you connect to the NDIS and get supports for your disability
- To assist you to attend appointments and meeting with the NDIA and other disability services



Please Contact :

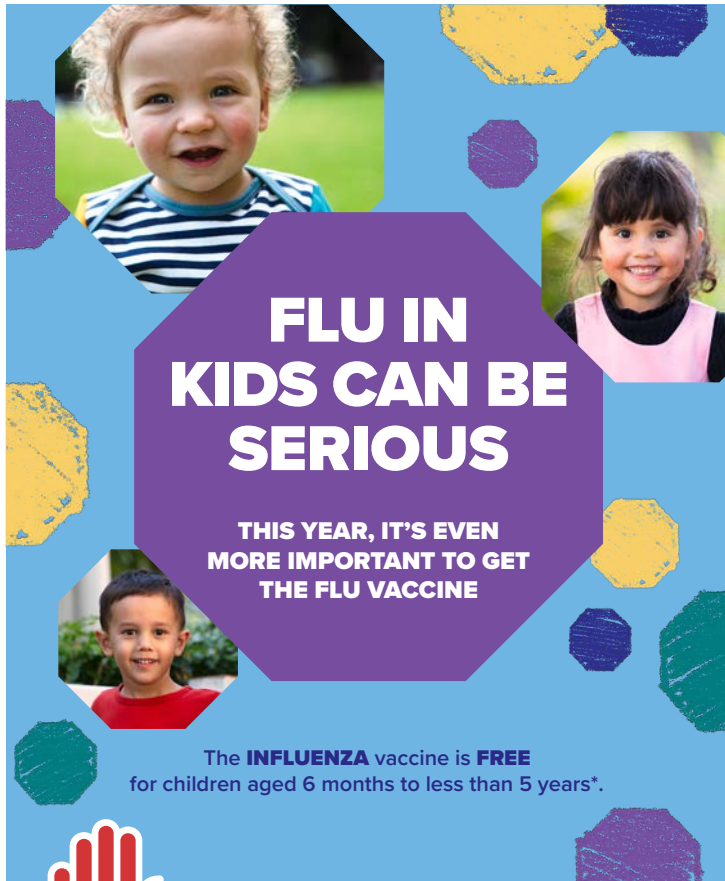
☎: 0740604260 or 0437553615

✉: NDISconnect@ppac.org.au



COVID on the rise again

With COVID-19 still prevalent and the virus continuing to mutate, it is important people remain vigilant and responsive by staying home when sick, washing their hands regularly, keeping their distance from others where possible and wearing a face mask when they can't, Torres & Cape Health and Hospital Services Executive Officer Beverley Hammerton says.



FLU IN KIDS CAN BE SERIOUS

THIS YEAR, IT'S EVEN MORE IMPORTANT TO GET THE FLU VACCINE

The **INFLUENZA** vaccine is **FREE** for children aged 6 months to less than 5 years*.

FLU

HELP STOP THE FLU IN 2022. Ask about the influenza vaccine today.

health.gov.au/immunisation

Australian Government Department of Health

National Immunisation Program

A joint Australian, State and Territory Government initiative.

*Some states and territories may provide free influenza vaccines for older children. Speak to your GP or other immunisation provider for more information.

“This is especially important with respiratory illnesses such as influenza also increasing,” she said.

“You should also always get tested for COVID-19 if you have symptoms, no matter how mild, as testing helps us quickly find as many cases in the community as possible and reduce the spread of the disease.

“Symptoms include fever, sore throat, runny nose, cough, shortness of breath, fatigue, diarrhoea, vomiting, nausea or lack of taste or smell.

“Testing for COVID-19 is available for FREE at all Torres and Cape HHS health facilities.”

She said free RAT tests were available at all our facilities for community members to take home and use if they feel comfortable doing so, or a healthcare worker can assist them to do the test at the facility.

People can collect RATs from PPAC reception and some council offices, including Pormpuraaw Aboriginal Shire Council.

Last week, there were 180 active COVID-19 cases within the Torres and Cape Hospital and Health Service region, while laboratory-confirmed influenza cases were at 493.

CONTACT US!

23 Yalu St,
Pormpuraaw, Q 4892
Phone: 07 4060 4260
Fax: 07 4060 4280

- Healing Services
07 4060 4260
- Long Day Care
07 4060 4165
- Outside School Hours Care
07 4060 4001
- Women's Shelter Admin Office
07 4060 4082
- CEO's Office
07 406 04211



Who to call & when

If the situation is serious and urgent call our local Police on 4060 4004 or 000.

To report other crime anonymously call Crime Stoppers on 1800 333 000.

For non-urgent incidents, crimes or police inquiries call Police Link on 131 444.

Community members can remain anonymous when reporting illicit activity by calling the 'sly grog' hotline on 1800 500 815.

ALL WORK AND WALK TOGETHER ON ONE PATH OF HEALING, LEARNING, CARING AND SHARING, CREATING A SAFER ENVIRONMENT AND COMMUNITY