



THIS IS the 2020 Joint NAIDOC Committee: PIASC, Rainbow Gateway Palm Island CDP, Selectability and PCYC staff and volunteers, did a fantastic job of organising the NAIDOC Tribal Dinner and other activities to help Palm Island celebrate and remember what this day represents. From left to right they are: Jennifer Ketchell; Murielle Morgan; Cheryl Haines; Janelle 'Nugget' Whitehead; Janine Wyles; Marina Coutts; Harry Reuben; Joyce Tapp (in front); Cr Mislam Sam and Ruth Gorringe.

Testing times reduced to less than a day

Palm Island's health service has a new, same-day testing procedure for COVID-19, PHCC's Dr Francis says.

"If you have a test in the morning, we can have your results early afternoon," he said. "And if you have a test in the afternoon, we can have your results early evening, on the same day."

"The anxious wait for a test result is no more."

"In an emergency we can have test results within the hour."

"This is great news because if COVID-19 does come onto the

Island we can detect it very quickly and start treatment along with managing the spread."

He said the test, however, was only helpful if people came into either of the health centres – the Primary Health Care Centre or Joyce Palmer Health Service – to get tested.

"It's still important to get tested, no matter how minor your symptoms," he said.

"Even if you think it's just a simple cold and you have not been off the Island, it is still important."

"Also please remember to give your most recent telephone number so we can put you at ease with the results."

He said any phone numbers they took from patients were not shared with anyone else, including any other agencies, without permission.

Season's greetings from Doc Francis!

Joyce Palmer Health Service

I hope your Christmas preparations are all going well. We look after ourselves during these COVID-19 times with regular hand washing coughing into elbows, keeping a safe physical distance and wearing a mask when we can't distance. We also need to remember our usual self-care especially with looking after our skin hygiene and those of our children to prevent rheumatic heart. Please see a doctor quickly if any skin infection or sore throat.

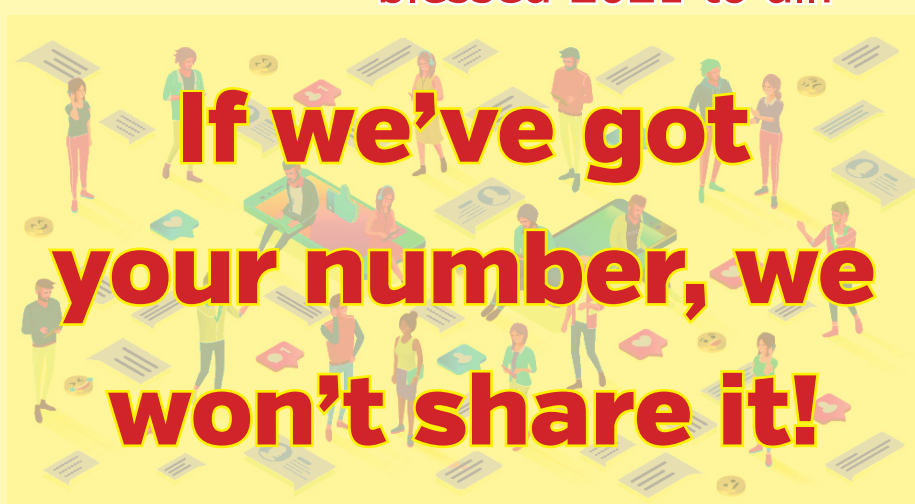
Finally let's also remember to avoid swimming in the ocean during the jelly fish season from November to May to avoid stings. Swimming is safe in the river or wearing a stinger suit if going in the ocean. I wish you all a very wonderful Christmas and all the very best for the new year. We all deserve a big celebration on how we have handled the pandemic in 2020.

Merry Christmas and a blessed 2021 to all!

Lauwana has done it again! JCU has chosen 20 outstanding graduates to celebrate their 50th anniversary with their Outstanding Alumni Awards for 2020.

The College of Healthcare Sciences recipient was Lauwana Blackley for her achievements in her community - well done Lauwana!!!

Joyce Palmer Health Service



Palm Island Residents: Have we got your current mobile number, address and Medicare details?
If we do, that means we can text you about your appointments and travel papers. Your private details are only for the hospital and health centre – we don't give them to other agencies unless you tell us we can.

OUR LAST DEADLINE for 2020 (Issue 315.1) will be this Thursday 17 December for publication on MONDAY 20 December!

The **Palm Island Voice** is published fortnightly by the Palm Island Aboriginal Shire Council and edited by Christine Howes. Members of the Palm Island community and local organisations are welcome to submit birthdays, community information, pics, yarns and letters to the Editor. You can follow us on Facebook, we have 2,673 'likes'!

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If you have any questions please contact Reception on 4770 1177 or 4770 0200

Palm Island Aboriginal Shire Council has 4,101 'likes' on Facebook!!!



Our Christmas/New Year break will be from 5pm Wednesday 23 December to 8am on Monday 4 January.