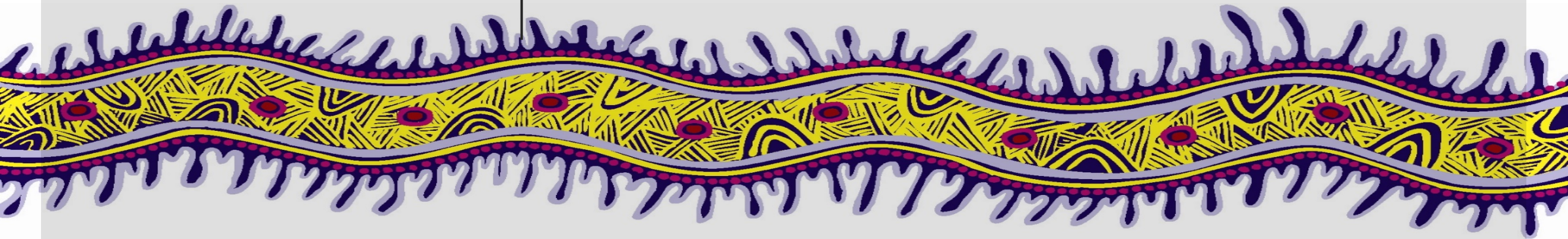


*Dr Elly Warren*  
GP

*Yerin Eleanor Duncan*  
Aboriginal Health Centre

# Pandemic Response Plan for the Central Coast – a collaborative effort



# COVID19 Timeline



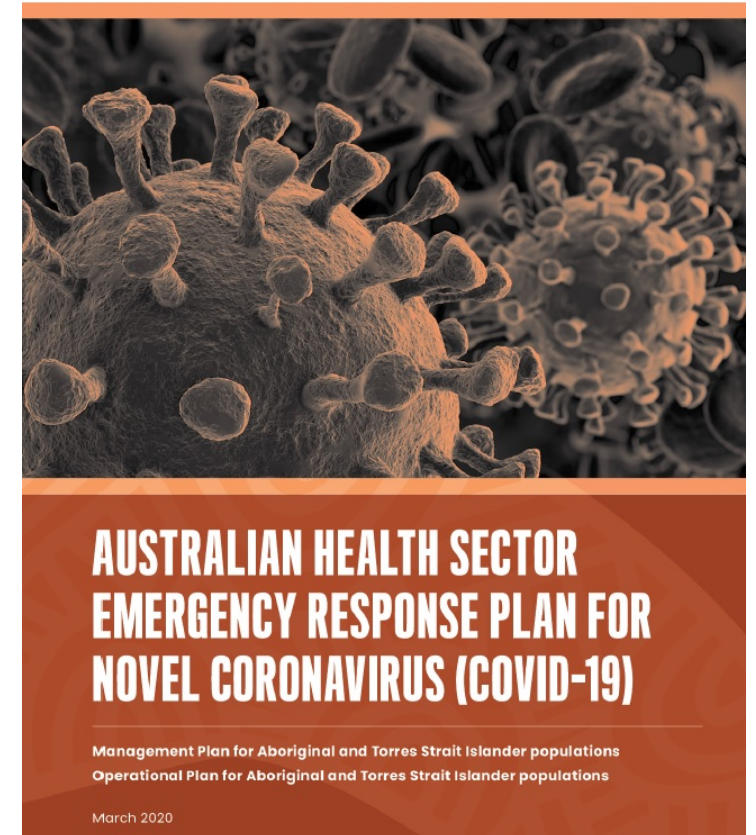
- 25<sup>th</sup> Jan 2020 – first confirmed case in Australia
- 12<sup>th</sup> March – Tom Hanks and his wife Rita tested positive
- 18<sup>th</sup> March – 5 cases on the Central Coast and no toilet paper to be found
- 19<sup>th</sup> March – 2700 people disembarked from the Ruby Princess
- 28<sup>th</sup> March – 460 new cases in Australia and 77 on the Central Coast
  - (averaged 376 cases daily from 23-31/3)



# Central Coast Pandemic Response



- March 24<sup>th</sup> – Yerin contacts local accommodation facility to discuss emergency options for COVID positive clients who are not able to isolate in their homes
- March 28<sup>th</sup> – first emergency response meeting between Nunyara Aboriginal Health Unit manager and Yerin CEO, draft plan created
- March 30<sup>th</sup> – Australian Health Sector Emergency Response Plan for Novel Coronavirus (COVID19) released as we finalised our Response Plan



# Regional Pandemic Response Plan - Principles



- Shared decision-making
- Community control, community-led
- Cultural safety across the entire health system
- Data and evidence
- Key considerations:
  - Social and economic disadvantage
  - Reduced access to health care / transport
  - Higher burden of chronic disease
  - Housing instability, homelessness, overcrowding
  - Mobility and transience of Aboriginal populations
  - Negative past experiences with the hospital system, intergenerational trauma



# Regional Pandemic Response Plan - details



- Limit the spread and impact of COVID19 on Aboriginal and Torres Strait Islander people living on the Central Coast
- For all Aboriginal and Torres Strait Islander people on the Coast
- Collaboration between PHU, CCLHD Aboriginal Health Unit (Nunyarra) and Yerin
- Planning, allocation of roles and responsibilities
- Pandemic Response Team (Yerin)
- Training and sourcing of PPE
- Messaging to community

# Social media is a strength

## DOMESTIC VIOLENCE

Ensuring safety during COVID-19

New social distancing rules

COVID-19  
Where to get help on the Central Coast

Well Done  
to our mob on the Central Coast



## Keeping our Elders Safe

COVID-19

Here is some information on how to stay safe and healthy this year from the Novel Coronavirus (COVID-19) and flu.

### COVID-19 Common Symptoms

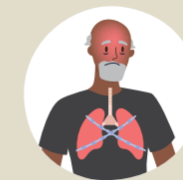
Elders and anyone with existing health condition/s such as diabetes, heart and lung problems are at high risk of getting sick and needing hospital if they get COVID-19.



**Fever**  
(Temp over 37.5°C)



**Dry cough**



**Shortness of breath**



**Sore throat**



**Runny nose**

Are you Aboriginal or Torres Strait Islander?

Do you have symptoms such as:

- fever
- cough
- sore throat
- breathlessness

Please contact your GP to find out if you should be tested for COVID-19.



- Call Yerin 4351 1040 for assistance with isolation whilst awaiting test results or confirmed/suspected positive COVID case
  - Groceries, cleaning products, masks, hand sanitizer, essential items
  - Contact tracing, isolation and quarantine (mindful of vulnerable household members)
  - Assisting with transfer to another designated facility if not possible to isolate at home, including homeless and those living in temporary or refuge accommodation
  - Daily monitoring and phone follow-up of positive clients (or home visit with PPE) and check-in regularly with family members and close contacts
  - Education and support



# Thunderbirds are go!





# Yerin Eleanor Duncan

## Pandemic Response Services

Do you identify as Aboriginal or Torres Strait Islander  
and have come here to be tested for COVID-19?

Please call Yerin Eleanor Duncan Aboriginal Health  
Services for practical, culturally appropriate help.

Our Pandemic Response Team can provide food,  
cleaning products, essential items, help with medicines  
and cultural support while you are in isolation and not  
able to leave your house



### Call Yerin for assistance:

02 4351 1040 or 1800 493 746 (free call)



**YERIN**  
Eleanor Duncan  
Aboriginal Health Services