

# IONA MEDICAL CENTRE

## NEWSLETTER

September & October 2020

OPENING HOURS  
MONDAY – FRIDAY  
8.30am – 5.00pm

For medical attention at any time please  
call 46 322 331. Please note, private fees  
apply for consultations outside of  
normal hours.

### DOCTORS ON LEAVE

**Dr Maria Haase**

August 26<sup>th</sup> – September 22<sup>nd</sup>

**Dr Allan Wong**

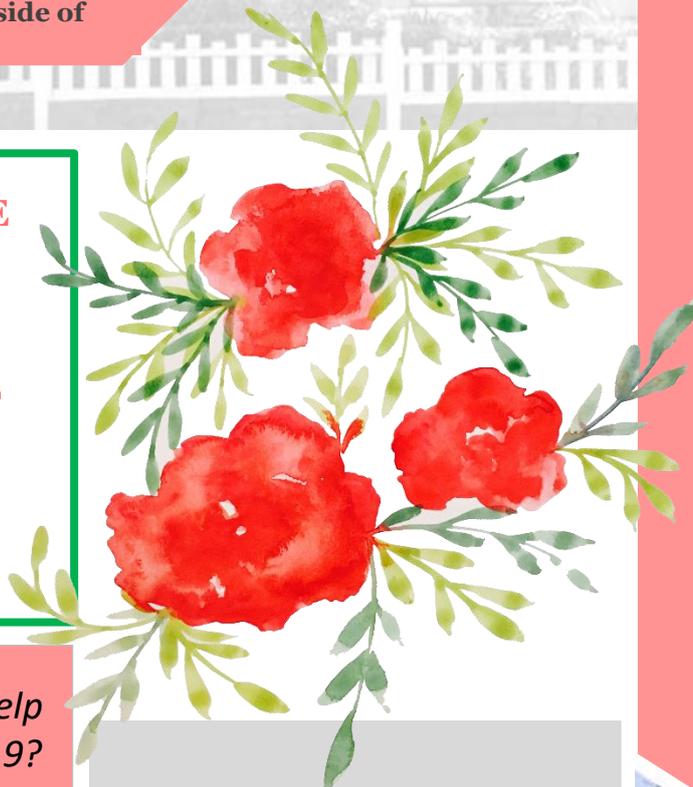
September 21<sup>st</sup> – September 28<sup>th</sup>

**Dr Daniel Rouhead**

September 28<sup>th</sup> – October 5<sup>th</sup>

**Dr Clinton Dowling**

December 7<sup>th</sup> – December 28<sup>th</sup>



### OUR DOCTORS

Dr Clinton Dowling

Dr Daniel Rouhead

Dr James Ingram

Dr Allan Wong

Dr Megan Poppi

Dr Tony Ferris

Dr Valerie Chua

Dr Maria Haase

Dr Ria Pai

### *Will the warmer weather help slow the spread of COVID-19?*

As the weather begins to warm up, many are hoping that the virus will wane. However, there is currently *no evidence* that suggests this will be the case. It is therefore important that we all continue to do our part to keep our families, our loved ones, and our communities safe.

This includes:

- Washing your hands frequently, with soap and warm water for a minimum of 20 seconds
- Maintaining a social distance of 1.5m when in public
- Covering your mouth when you cough or sneeze
- Staying home if you are feeling unwell
- Getting tested if you experience any cold-like symptoms

For more information, including further tips for helping reduce the spread, follow **Queensland Health** on Facebook

### My next Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

GP: \_\_\_\_\_



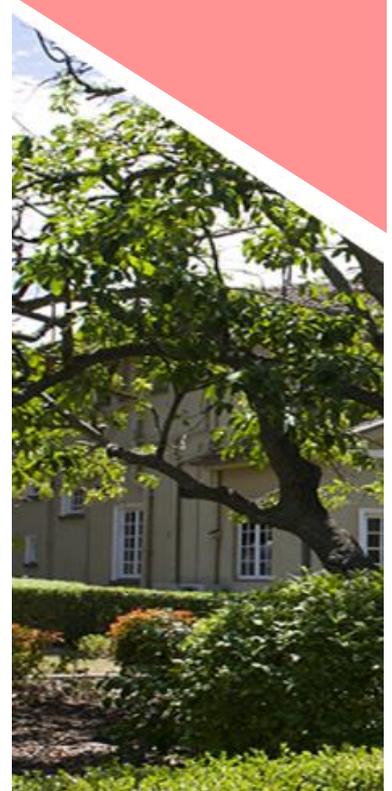
### *Quotes to put a spring in your step!*

“No Winter lasts forever – no Spring skips its turn” – Hal Borland

“To plant a garden is to believe in tomorrow” – Audrey Hepburn

“Light tomorrow with today”

– Elizabeth Barrett Browning



If you receive an SMS or phone call stating that, you are now due for your next care plan review....

You have the following options:

1. To book your appointment as usual (by phoning or going online) and come to the practice
2. To book your appointment and let us know you would like our nurses to phone you at home for the appointment
3. Postpone your appointment for a later date. Please phone us to discuss this option

## Care Plan Review appointments during Covid-19



## Pneumonia Vaccines

The Government has recently changed the Pneumonia vaccine schedule.

You will now receive a single dose of Prevenar 13 **from 70 years of age** – this will replace the old Pneumovax 23 course of injections that were given from 65 years of age. Some people with certain medical conditions will have different requirements.

Please speak with your doctor at your next appointment to see if you are eligible for this vaccine.

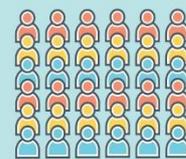
L	F	L	O	W	E	R	B
A	N	U	N	M	S	W	X
M	E	W	A	D	M	S	Q
B	T	Z	E	Q	C	P	Q
X	B	U	D	E	Q	R	R
Q	Z	U	B	G	Y	I	A
Z	A	C	L	G	Z	N	I
B	I	R	D	Q	J	G	N

### DR DOWLING'S JOKE OF THE MONTH

I thought about going on an all-almond diet...

But that's just nuts!

### FLU CASES IN QUEENSLAND 2019 VS 2020



36,874

FLU CASES



5,918



## Spring Word Search

Bird Bud Egg Flower  
Lamb Net Rain Spring



THANK YOU!



The COVID-19 pandemic has been a difficult and stressful time for the Iona team. We'd like to thank our loyal patients who have continued to show kindness and support towards us as we navigate this unprecedented time