

Riverstone Family Medical Practice

May 2023 Update



[on Facebook](#)

Keep up-to-date with the latest news by checking into our Facebook site. It's quick and easy and has a wealth of information to keep you informed of the latest events.

Any power outages or phones down, find out quickly to avoid the hassles. Catch up with current health topics and you will even get to smile at some of the cute cartoons uploaded by our awesome staff.

Influenza (Flu)

We encourage everyone aged over 6 months to consider having a flu vaccine. In 2022 children up to the age of 9 years had the highest rate of influenza notifications. Of the 1832 patients admitted to hospital with influenza in 2022, 55.8% were children aged younger than 16 years and 5.9% required treatment in intensive care.

Influenza resulted in 303 deaths in Australia in 2022. Please see [2022 National Influenza Season Summary](#)

We have plenty of influenza vaccines available. We are running dedicated flu vaccine clinics to allow you to attend and be seen quickly but you can book a flu vaccine with your GP at any time. Influenza (see [Health Direct](#)) can cause a severe illness so your best protection is vaccination. For more information, see [Department of Health](#)



Mask Wearing

With winter about to start and a predicted severe influenza season, we continue to require all adults to wear a mask when attending the Practice. This is to **protect our patients especially our many vulnerable patients**, as well as protecting our staff.

When our staff are unwell they cannot come to work and this reduces our capacity to provide care. We know that everyone is sick of wearing masks but we appreciate your co-operation.

Are You Travelling Overseas?



Please think about health needs and vaccinations that may be required. Many countries that Australians travel to remain third world countries and vaccinations are recommended. This includes places such as Fiji, Bali and Thailand.

Make an appointment for your travel consultation at least 6 weeks before your departure. Bring along your itinerary and your vaccination history.

You do not want illness to spoil your trip. See Smart Traveller for more information:

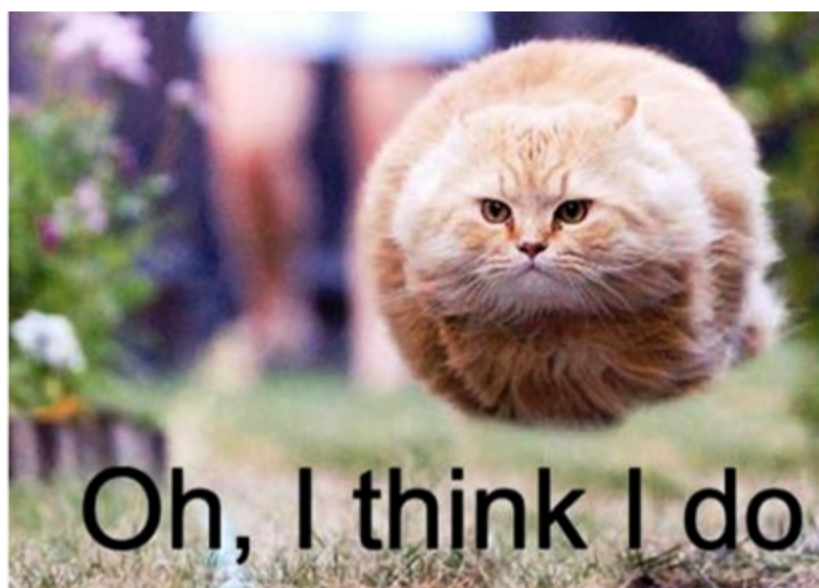
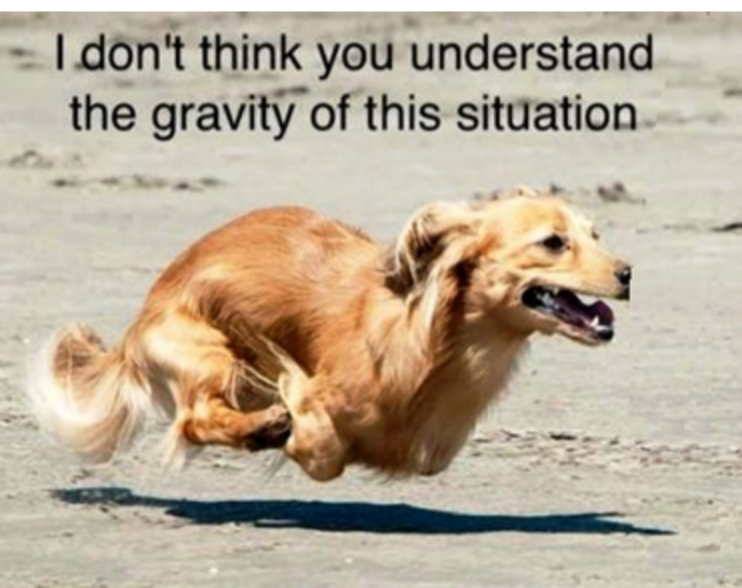
<https://www.smartraveller.gov.au>.

Doctor's Leave

The following doctors will be on leave over the next month:

- Dr Ayesha Choudhury - 19 May to 21 May
- Dr Melissa Joseph - 27 May and 17 Jun - 2 days only
- Dr Larry Lam - 13 Jun to 24 Jun
- Dr Matthew Lam - 17 Jun only
- Dr Sharon Muir - 3 Jun to 11 Jun
- Dr Hanaa Wanis - 19 May to 20 May and 26 May only

The practice will be closed on the Kings birthday, Monday, 12 June.



Practice Hours: Monday to Friday 8am to 6pm, Saturdays 8am to 1pm
For After Hours Care we recommend the national Home Doctor Service for home visits,
contact on 13 74 25 (13 SICK)