



Hey you deadly North Queensland mob, from the Torres Strait Islands to Mackay, your health is important to all us mob here at NQPHN. Keep your health in-check to fight infection and stay healthy.



STAY FLU AND COVID-19 FREE



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**For healthy lungs and a strong heart,
Quit the smokes or don't start.**

Frankie Clive
Executive Director Cairns, Cape, and Torres



**Think before you drink, ask: "What will this do to me?"
Does it help or harm me and destroy my family?**

Lauriann Trevy
COVID-19 Response Team, Aged Care



**Be kind to your mind, stay connected in tough times,
Yarn with family and counsellors who know the signs.**

Vivian Mook
Area Manager



**Get yearly health checks to stay healthy and strong,
Blood, urine, and overall checks to help you live long.**

Loretta Rigby
Project Manager, Integrated Team Care



**Contact your health worker to avoid complications,
To sort Medicare, prescriptions, and medications.**

Dearne Lee
Senior Program Officer



**Flu season is here and the weather grows colder,
The flu shot is for all our Mob, six months and older.**

Gloria Kember
Senior Program Officer



**Get bubba's jabs all on time,
Immunisation protects all bubbas, yours and mine.**

Kerry Hollingsworth
Senior Project Officer, Reconciliation Action Plan



**Good hygiene everyone understands,
Sanitiser or soap and water—always wash your hands.**

Melanie Walsh
Senior Project Officer



**Take social distancing to heart,
Stay 1.5 metres or two big steps apart.**

Charles Adams
Senior Project Officer, Integrated Team Care



Stay healthy.
See your GP or
health worker!

Think you have
COVID-19?
Get tested!



Staying healthy and keeping
up with medical appointments
will help keep our families
and communities healthy.

