

## **Higher COVID tests and jabs needed in FNQ**

The thoughts of all Queenslanders are with the communities of Cairns and Yarrabah as they enter into lockdown to stop the spread of COVID-19.

“In Far North Queensland, we are used to following emergency advice during cyclones and other natural disasters,” AMA Queensland Council member and Board Director Dr Sarah Coll said.

“We know how to bunker down to keep us all safe. There are only a few good reasons to leave home during this lockdown, and at the top of the list is being tested for COVID-19 and having your vaccinations.

“Book in now with your family GP for both doses of your COVID-19 vaccine. Your GP is best placed to manage your ongoing health needs and make sure that your vaccination records are up to date.

“Reconsider what is truly essential - if we all do the right thing, we can go back to what we had. One person can make this lockdown longer.

“We only have one hospital up here and we have to protect it.

“Stay strong - we have done this before and we can do it again.”

“Queenslanders are known as lockdown legends for good reason,” AMA Queensland Council member Dr David Shepherd said. “Brisbane has done it - so can we.

“It will be inconvenient but we need to protect our community. Not everyone is vaccinated in Far North Queensland so that has to be our priority over the coming days and weeks.

“It is particularly important that First Nations people get vaccinated as soon as possible.

“Vaccination rates among Aboriginal and Torres Strait Islander people are lower than in the rest of the community, and it is vital that we get these rates up.

“We need to ensure that all Indigenous Australians are able to access vaccines and have confidence in the vaccination process.

“Getting as many people vaccinated as soon as possible is key to containing this Delta strain and being able to return to work and school.”

### **AMA Queensland advice:**

- Residents in Cairns and Yarrabah are urged to check the Queensland Health website for exposure sites and testing facilities at [health.qld.gov.au](http://health.qld.gov.au).
- If you are unwell, phone ahead for advice and make sure you avoid contact with others.

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- If someone is doing the wrong thing, please report it, don't take matters into your own hands.
  - If you are worried about domestic violence in your neighbourhood - please report it to the police.
  - Order food and groceries on line if you can.

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