



**PIKA WIYA**  
HEALTH SERVICE

# COMMUNIQUE

July 2020

## CORONAVIRUS UPDATE FROM DR MONTY

**In South Australia the control of Covid 19 has been very effective so far. PWHS has identified no positive cases to date. We continue to watch closely as things change in the Eastern states, and prepare for the risk of a second wave of cases in South Australia.**

**Pika Wiya has established a respiratory testing clinic on site, and any member of the public is welcome to book a time to come in and be tested for Covid 19.**

**In the main clinic we are continuing a screening desk out the front, and if any clients present with a temperature or symptoms of cold/flu they are directed to the respiratory clinic to best tested for Covid 19.**

**Clients who have respiratory symptoms must have a Covid 19 test result (negative) before they can be seen in the main clinic.**

**Staff are screened before entering work each day, including temperature checks, in the interests of staff and client safety.**

*Employee of the Month Award for June  
Kerri Shannon*



## GOOD NEWS STORIES

**The SEWB team have attended Copley and Leigh Creek to deliver services to the Outreach communities, with the goal to increase awareness of services available by PWHS, SEWB and SPA collectively. As well as services from Clinical Psychologist Chris Connelly.**

*Employee of the Month Award for July  
Kerry Warren*





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## NEW UNIFORM

**This week we have received our new uniforms!**

**Pika Wiya staff will be clearly identified in the community and the new uniforms add a pop of colour to our workplace!**



## COVIDSAFE APP

**HAVE YOU DOWNLOADED THE COVIDSAFE APP ON YOUR PHONE?**

Download the COVIDSafe app today to keep yourself and your community safe by helping our health workers to notify you quickly if you've come in contact with someone who has Coronavirus.

For more info: <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>



## USEFUL LINKS

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid+2019/latest+updates/latest+updates+on+covid-19>

<https://www.naccho.org.au/>

## BUSH BEEF STIR FRY - Feeds 6

### Ingredients

- Canola or olive oil spray**
- 1 onion, diced**
- 1 crushed garlic clove**
- 1 tablespoon crushed ginger**
- 750g lean beef cut into strips**
- 1 sliced green capsicum**
- 1 sliced red capsicum**
- 1 bunch broccoli**
- 2 large peeled and sliced carrots**
- 1 cup sliced mushrooms**
- 1 cup snow peas**
- 1 sliced zucchini**
- 2 tablespoons water**
- 1 tablespoon cornflour**
- 1 teaspoon honey**
- 3 tablespoons salt reduced soy sauce**
- 1 tablespoon sweet chilli sauce**

### What to do

- **Lightly spray pan or wok with oil and cook onion, garlic and ginger on medium heat for 2 minutes.**
  - **Add beef strips and cook until slightly brown all over.**
  - **Add red capsicum, green capsicum, broccoli, carrot, mushroom, snow peas, and zucchini and cook for 3 minutes.**
  - **In a bowl mix water, cornflour, honey, soy sauce and sweet chilli sauce. Pour this over the meat and vegetables. Stir and simmer for 5 minutes.**
  - **Serve with rice or noodles.**
- Recipe: Living Strong – Healthy Lifestyle Cookbook  
<https://kidney.org.au/uploads/resources/2-and-5-qld-atsi-cookbook-feb-09.pdf>

