



## SwingShift Nurses Notes



### A COVID-19 update

The Victorian government has updated its plan to ease the state out of coronavirus restrictions with future steps to be guided by case numbers and public health advice. With case numbers falling it is hoped that restrictions may ease faster than expected. For those in metropolitan Melbourne, the night-time curfew has ended and other developments include:



### Working the night shift

Although the duties and responsibilities are no different for a nurse that works after the sun is down, the night shift does present unique challenges — both at work and at home. The personal schedule related to working nights requires a significant adjustment to your daily routine and life in general. The workplace atmosphere at night is also different. With most patients asleep, nurses must find ways to manage what is considered a less busy (or less

- 127,000 workers returning to various industries.
- primary school students will return to schools on 12 October
- childcare centres are now open for all children
- public gatherings of five people from two households is allowed (for two hours within 5km of home)
- hiking, fishing and other exercise that doesn't involve visiting a facility is allowed (for two hours within 5km of home).

The Department of Health and Human Services provides the most up-to-date information on [Victoria's restriction levels](#). Remember, if you develop any COVID-19 symptoms please get tested as soon as possible.



### Is it COVID-19 or hay fever?

Spring has sprung and that means those of us who get hay fever are eyeing pollen-laden plants and windy weather forecasts with trepidation. Allergic rhinitis (commonly known as hay fever) affects around 18 per cent of Australians and is caused by the nose and/or eyes coming into contact with environmental allergens such as pollens, dust mites and moulds. Of course now is not the best time to have a runny nose and be coughing and spluttering in public while we're all worried about the spread of COVID-19. So how do you distinguish between hay fever and COVID-19? Common [COVID-19 symptoms](#) can include a cough, sore throat, shortness of breath, fever or chills, [the loss of smell or taste](#) and a runny nose. The common symptoms of hay fever include sneezing, runny nose as well as red, watery and itchy eyes.

stressful) workload in between the continuous monitoring of patients throughout the night. Here are some survival tips for working the night shift:

- get an adequate amount of sleep
- make healthy meal and snack choices
- bond with your colleagues
- find constructive ways to keep busy
- create a healthy balance on the home front



### R U OK?

R U OK? is an Australian suicide prevention charity founded by advertiser Gavin Larkin in 2009. It revolves around the slogan "R U OK?" and advocates for people to have meaningful conversations with others. R U OK? Day is held annually on the second Thursday of September. It encourages Australians to connect with people who may be struggling with life's ups and downs. The COVID-19 pandemic has meant that this year has been challenging for everyone, making it even more important to stay connected and support those around us. It's not always easy to keep the conversation going when someone's says they are not OK, but it could change a life. So take a minute to learn [what to say](#) after R U OK?



### Thank you healthcare workers

SwingShift Nurses would like to thank not only our own hard-working nurses but all nurses, doctors, cleaners, administrators and other healthcare workers nationally as they continue their vitally important roles to protect and improve the health and wellbeing of people in their communities.



### Multicultural festival goes virtual

Staying home doesn't need to be boring. The annual Australian Multicultural Festival is coming to you this year. The virtual Australian Multicultural Festival comprises a package of incredible music and breathtaking performances that can all be enjoyed from the comfort of your home. The event is run by Mental Health Foundation Australia (MHFA) and kicks off National Mental Health Month during which MHFA raises awareness of mental health. [So make a donation](#), prepare your festival outfits, stock your fridge and pantry and gather your crew on 3 October.



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