

# Community Engagement Noticeboard

28 July 2022

## New anti-viral medicines for COVID-19 are saving lives



- Whilst we can take many actions to protect ourselves and our families against COVID-19, such as wearing masks, staying home if unwell, getting tested and being up to date with vaccination, there are still some people at higher risk of becoming very unwell if they contract the virus.
- Professor Michael Kidd, Australian Deputy Chief Medical Officer talks about new, lifesaving oral anti-viral treatments (medicines) that are now available for people at high risk of becoming very sick from COVID-19. [Click here to view](#) (30 secs)
- These anti-viral treatments need to be taken early after testing positive, so to find out if you're eligible talk to your GP and put a plan in place.
- For more info go to [health.gov.au/.../covid-19/treatments/eligibility](https://health.gov.au/.../covid-19/treatments/eligibility)

## How to get timely access to these lifesaving medicines

- 1 Get tested**  
as soon as you notice symptoms to confirm you have COVID-19  

- 2 Report your positive result**  
to the Department of Health at [www.coronavirus.vic.gov.au/report](https://www.coronavirus.vic.gov.au/report) (only in English). Or by calling the Coronavirus Hotline on 1800 675 398. Need an interpreter? Press 0 when you call.  

- 3 Ask your doctor**  
or the COVID Positive Pathways Program if you can get COVID-19 medication  

- 4** If you are eligible, you will be prescribed medication. For the medicine to work best, you must **take it within five days of getting sick**. You should take the medication even if your symptoms are mild.  


## Where to get tested



- **Rapid antigen tests** remain the preferred means of testing for COVID-19. PCR testing will continue to be used for clinically vulnerable individuals and other at-risk groups.
- FREE rapid antigen tests are available from most State-run testing clinics. Search for your [closest clinic](#) here and check the details to see if they provide rapid antigen tests.
- Scan the QR code to find your local **GP respiratory clinic**.



## Where can I get free Rapid Antigen Tests (RATs)?



- Concession Card Holders can receive a limited number per month for free until 31 July 2022. [More info.](#)
- At designated COVID-19 testing sites, RAT kits will be provided to people with COVID-19 symptoms or if you have been in contact with someone who has COVID-19. [More info.](#)
- People with a disability can receive a limited number of RAT kits from State-run testing sites or through Disability Liaison Officers. [More info](#)

## Are organisations able to apply for free RAT kits?



- Yes, Monash Health's South East Public Health Unit is distributing FREE Rapid Antigen Tests (RATs) to community organisations and cultural groups to give to the most vulnerable in their community.
- Expressions of Interest are now open for the month of **August 2022**.
- To complete the form please click [HERE](#).
- To qualify you must be a community organisation or group supporting multicultural or priority communities based in South East metropolitan Melbourne, and not be receiving RATs through other government agencies.
- Further details about eligibility can be found on the [Expression of Interest form](#).
- If you have any questions, please reach out to the Community Engagement Team at [communityengagement@monashhealth.org](mailto:communityengagement@monashhealth.org).



## What else can I do to stay well this winter?



- To protect yourself and others, all Victorians are now strongly encouraged to wear a mask when with other people indoors and when you cannot physically distance, including outdoors.
- You must still wear a mask on public transport, in rideshares and taxis, on planes and when visiting sensitive settings such as hospitals and care facilities.
- Different types of face masks provide different levels of protection. Wear the most protective mask you can. Make sure that it fits well.



**Respirators** (also called N95 or P2) are specialised filtering masks and provide the best protection when correctly fitted. Check your mask is TGA or NIOSH approved.



**KN95** masks are high filtering masks but are not as well fitted as a respirator. The ear loops do not achieve a good seal between the mask and face.



**Surgical** (or medical masks) also provide good protection when worn correctly. They must fit snugly over your nose, mouth and chin.




A reusable three layered **cloth mask** can also provide protection. Masks should be made of tightly woven fabric and be machine washed after every use.

## Stay up to date with your vaccinations

**What vaccine dose do you need?**

If you are aged:

50+	four doses	30-49	three doses, option of fourth
16-29	three doses	5-15	two doses




**Winter pop-up vax clinic at Carnegie Library**




### Dandenong Plaza

EACH is providing Flu and COVID-19 vaccines Tuesdays to Saturdays.  
[Download flyer here](#) [More details on SEPHU vaccination clinics here](#)

### Frankston Bayside Centre

Peninsula Health provides COVID-19 vaccines daily (except Wed & Sun)  
[More details on SEPHU vaccination clinics here](#)  
Or check out the [Peninsula Health website](#)

### Springvale Snow Fest 2022

Bus located on Corner of Windsor Ave & Buckingham Ave Springvale  
**Sunday 31 July, 12pm – 7pm**

- Huge annual event with real snow and play areas
- Food, markets, rides, activities, ice sculpting, live music, fireworks
- Vaccination Bus with Pfizer for eligible people aged 12 years and over
- Walk-in only, no bookings needed
- [Event details here](#) [Facebook post here](#)

### Carnegie Library

7 Shepparson Ave Carnegie

**Mondays 1 & 8 August, 10am – 4pm**

- Primary doses for people aged 12 years +
- Third dose (booster) for people aged 16 years +
- Fourth dose (booster) for people aged 30 years +
- Walk-in only, no bookings needed
- A partnership between Connect Health & Community, Glen Eira City Council and Monash Health.
- [Download flyer here](#) [Facebook post here](#)

### Dandenong Council Offices

225 Lonsdale Street Dandenong (next to Harmony Square and Library)

**Tuesday 9 August, Thursday 11 August, 10am - 1pm**

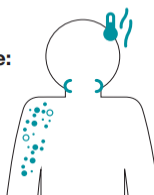
- Pfizer doses for every eligible age group from age 5 up.
- Influenza vaccines for [people most at risk](#)
- Walk-in only, no bookings needed
- A partnership of Greater Dandenong City Council, South East Melbourne Primary Health Network and Cove Family Medical Centre
- More details next edition

## Monkeypox (MPX) virus

### Look out for the signs

Symptoms of MPX include:

- Fever (over 38°C)
- Swollen lymph nodes
- A distinctive rash



- Australia's Chief Medical Officer Professor Paul Kelly has declared monkey pox as a communicable disease of national significance.
- The Australian Department of Health resources provide information about what MPX is, symptoms, treatment and prevention, vaccine guidance and how Australia is responding to the virus.
- Refer [Monkeypox \(MPX\) resources | Australian Government Department of Health and Aged Care](#)