Monash Health
South East Public Health Unit

# Community Engagement Noticeboard

7 July 2022

## ‘COVID is still with us’: protect yourself this winter

Professor Rhonda Stuart, Director of the Monash Health South East Public Health Unit, says, “we can’t forget that COVID is still with us.”

New strains of COVID-19 in our community are causing re-infection with people who have already had the illness. This means having COVID-19 once before doesn’t mean you’re ‘safe’. Make sure you are up to date with your COVID-19 vaccines to ensure best protection for you and your community. Read the full article HERE.

## Stay up to date with your vaccines

Vaccination will give your immune system the best chance to fight off the flu and COVID-19 viruses. Latest COVID-19 information HERE.

### The Vaccine Clinic Finder

It’s the best way to find and book a free COVID-19 vaccine

- You can find participating GPs, pharmacies and clinics
- You can browse by selecting one of 16 languages
- You can find options even without a Medicare card
- You can easily show others how to use it

## Free Flu vaccination to all Victorians extended to Sunday 10 July

All Victorians aged 6 months and over are now eligible for the free flu vaccinations until this Sunday 10 July from their GP or pharmacist.

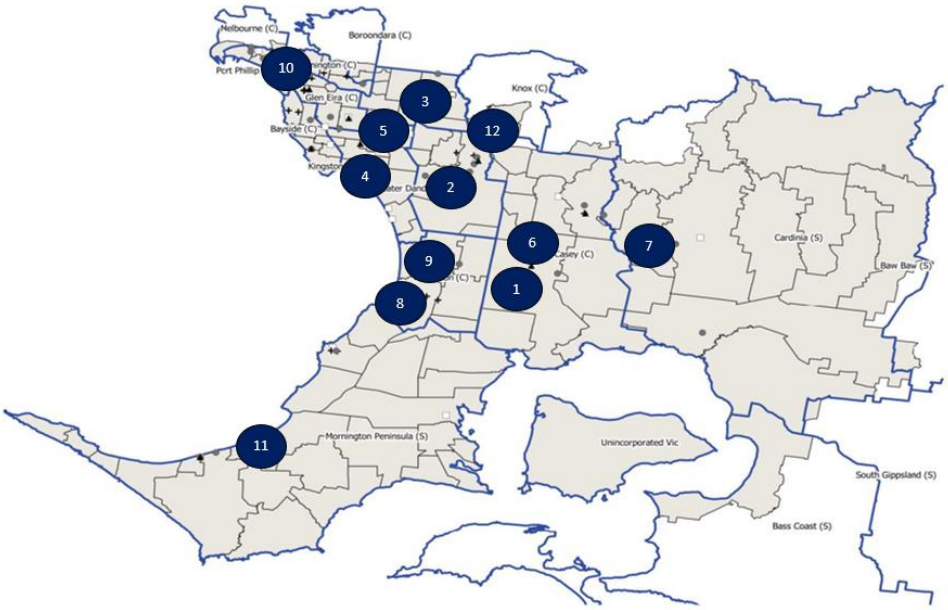
Annual influenza vaccination is recommended for all people aged 6 months and over and is the best defence against the flu, helping prevent both severe illness and from spreading it to your loved ones. Some priority groups who are most at risk are eligible for free flu vaccination every year. Please click here for more information.

It’s safe to get your COVID-19 and influenza vaccinations at the same time.

**Want to receive the Noticeboard directly to your inbox?**

Simply fill out your details HERE or scan the QR code ---------->
and we will add you to the Noticeboard mailing list.

# GP Respiratory Clinics across the South East




1. Cranbourne
2. Dandenong
3. Glen Waverley
4. Mentone
5. Murrumbeena
6. Narre Warren South
7. Officer
8. Frankston
9. Carrum Downs
10. Prahran
11. Rosebud
12. Rowville

**GP Respiratory Clinics:**

- are for people that are unwell with mild respiratory symptoms (such as coughing, runny nose, fever) or other COVID-19 symptoms (such as nausea, vomiting, diarrhoea)
- offer face to face assessments (including testing) and immediate support for respiratory illnesses (such as influenza, COVID-19, asthma, hay fever)
- provide care for people with COVID-19, including by telehealth
- are staffed by general practitioners and nurses
- are free for everyone (babies, children and adults), with or without a Medicare card.

**Find out more information HERE.**

# Supports if you test positive to COVID-19

If you test positive on a rapid antigen test, you need to report your results online at www.coronavirus.vic.gov.au/report. This will ensure you are offered access to the COVID Positive Pathways Program.

To check food relief and other supports available in your area, including culturally appropriate food and ready-made meals, use an internet search engine such as Ask Izzy www.askizzy.org.au

If you need help to find your local food relief program, call the Coronavirus Hotline on **1800 675 398** and select **Option 3** to speak with one of the team. If you need to speak to someone in another language, select option zero (0).

**Practical step-by-step information HERE.**

## Other tips to keep well this winter

**Wear a mask when you can't physically distance.**
While masks are no longer mandatory in most settings, they are highly recommended as an easy and effective way to reduce the chances of catching a cold, flu or COVID virus. Watch video HERE.

**Stay home when you're unwell.**
If you are unfortunate enough to become unwell, whether it's during winter or any time of year, it's important that you stay home to rest and recover.

**Wash your hands regularly.**
Washing your hands thoroughly with soap and water whenever you cough, sneeze or blow your nose, prepare food or eat, care for someone sick, touch your face, or use the toilet. Watch video HERE.

**Get tested and report positive results.**
If you have symptoms or you are a contact, and you can't access a rapid antigen test, you should get a PCR test. Report your positive result HERE.

## Have your say on the future of this Noticeboard

A big thank you to everyone who has already provided feedback on the Community Engagement Noticeboard review.

To make sure the Noticeboard is meeting the needs of the community, please take 5 minutes to share your feedback and help us make this a resource that is both relevant and useful to you.

Complete the survey by **18 July 2022** HERE.

## Monash Health Vaccination Bus available across SEPHU region

As most state-funded vaccination pop-up programs are ceasing, the Monash Health-Ventura Bus will be available three days a week to 'reach the hardly reached'.

If you think there is a pocket of your community where access to GPs and pharmacies may be an issue, please contact the Monash Health Community Engagement team here.