

Community Engagement Noticeboard





1 September 2022

Welcome to SPRING!

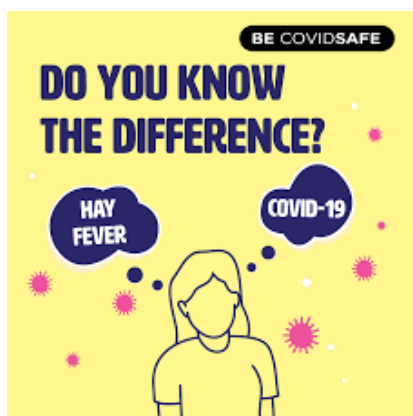


Winter is officially behind us and we can look forward getting outdoors more to enjoy the warmer weather. While COVID-19 and Flu cases are declining it is still important to protect yourself and others.

Some tips include:

-  Connect with others outside where possible
-  Eat a balanced and nutritious diet
-  Wear a mask when indoors or in crowded events
-  Look after your mental health & seek help if needed

How do I know if I have hay fever or COVID-19?



With the start of Spring, a lot of people may experience the onset of hay fever and other respiratory allergies.

People who have respiratory allergy symptoms such as allergic rhinitis (hay fever) and allergic asthma should stay home and get tested for COVID-19 at the onset of their symptoms if they experience symptoms that are unexpected, seem different or worse than usual, or do not respond to their usual medication.

Check out this [fact sheet](#) that helps to identify the common symptoms of COVID-19, common cold, flu and allergies. [GP Respiratory clinics](#) are also available to people with mild respiratory symptoms and are free for everyone (with or without a Medicare Card).

Community Conversations Forum – save the date



Do you have questions about COVID-19 or Monkeypox?

Join Professor Rhonda Stuart from the South East Public Health Unit for an online forum on **Thursday 8th September at 6pm**. Hear about the latest updates for COVID-19 and Monkeypox and get your questions answered. Event flyer [HERE](#).

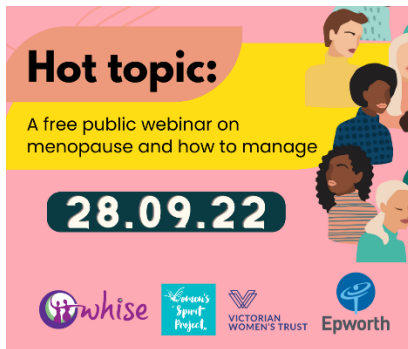
All Welcome. Send through your questions before the event [HERE](#) or ask your questions on the day.

Are you a subscriber to the Noticeboard? Get it fast, directly from the source. Just provide your email address by scanning the QR Code, or simply by clicking on it.

Got a good news story or resource for the Noticeboard? Send us an email at communityengagement@monashhealth.org and we will be in touch to discuss.



Women's health week



This year celebrates the 10th year of Women's health week and runs from 5-11 September. The theme of this year's campaign is "It's all about you" and encourages women to prioritise their health through a range of physical and mental health practices.

Visit womenshealthweek.com.au for more information about how you can be involved and check out their video on menopause [HERE](#).

Save the date: Wednesday September 28, 11am-12:30pm

Free public webinar on menopause and how to manage. Register [HERE](#).

Rapid Antigen Test August Blitz



During the month of August, Monash Health's South East Public Health Unit distributed over 15,000 Rapid Antigen Tests to 64 Community Organisations. Read more about it [HERE](#).

The key messages for community were to:

- Wear a mask
- Let fresh air in
- Stay home if unwell
- Get tested early
- Get medicines if at risk
- Get vaccinated

More information about antiviral medications in [36 languages here](#).

COVID-19: Testing and N95 masks



- **Rapid antigen tests** remain the preferred means of testing for COVID-19. It is quick, convenient, and accurate if done properly. You can pick up [FREE](#) RATs from State-run PCR testing clinics.
- **PCR testing at State-run clinics** is now available to all symptomatic Victorians, and in certain cases, for those who are asymptomatic.
- **N95 masks** are now available for [FREE](#) at all State-run PCR testing clinics.
- [Click here](#) to find State and commercial **testing clinics** in your area.
- [Click here](#) to find your local **GP respiratory clinic** where you can be tested for COVID-19 as well as other viruses and respiratory conditions.

Changes to COVID-19 isolation times



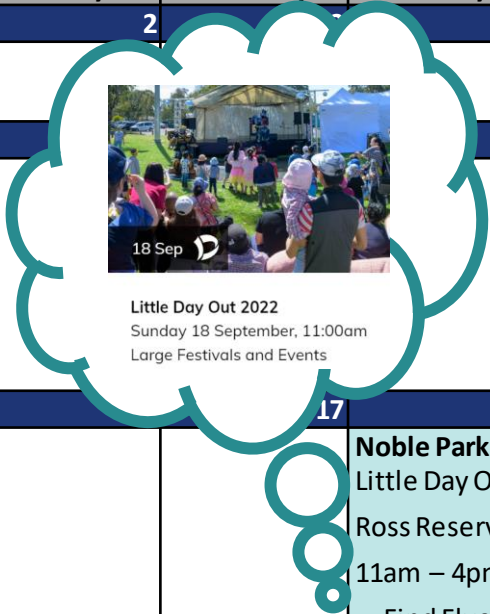
National Cabinet has recently announced that from September 9, people who test positive to COVID-19 will only have to isolate for 5 days, reduced from the current 7 days.

Anyone still displaying symptoms after the 5 days of isolation will need to continue to isolate for the full 7 days. People working in high-risk settings such as hospitals, disability and aged care will still be required to isolate for 7 days.

See the full statement [HERE](#).

September Monash Health Vaccination Bus Itinerary

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
			Caulfield: Monash University 9am – 4pm Find Flyer HERE			
12	13	14	15	16	17	18
Cheltenham: Community Centre 11am – 3pm Find Flyer HERE	Clayton: Monash University 9am – 4pm Find Flyer HERE					Noble Park*: Little Day Out Ross Reserve 11am – 4pm Find Flyer HERE
19	20	21	22	23	24	25
		Carrum: Pantry 5000 St Aidan's 9.30am – 1.30pm <i>More info to come</i>	Clayton: TBC Monash University 10am – 4pm <i>More info to come</i>	Public Holiday		
26	27	28	29	30		
	Clayton: TBC Monash University 9am – 4pm <i>More info to come</i>		Springvale: Afri-Aus Care 10am – 3pm <i>More info to come</i>			



Get your COVID-19 vaccine at one of our pop-ups

Walk-in only, no bookings or Medicare needed. Just bring ID.

- Primary doses for people aged 12 years and older
- Third dose (booster) for people aged 16 years and older
- Fourth dose (booster) for people aged 30 and older
- (*Paediatric doses for children aged 5-11 years)

Want to arrange a pop-up for your community?

- There is limited availability in September: get in touch with the community engagement team to discuss your event by filling out a form [HERE](#).