

Community Engagement Noticeboard

18 August 2022

How wearing a mask can help protect the most vulnerable



Masks can help stop the spread of viruses and reduce our risk of getting sick. Hear from Deputy Chief Medical Officer Dr Michael Kidd talk on the continued importance of wearing a mask on this short but stirring [video](#):

“We can’t ignore the serious impact that COVID-19 has on many people in our community, especially those of high risk of severe illness. At the end of the day, it is now your choice to wear a mask in most situations. It is only a minor inconvenience that may well save a life.”

Where and how to get tested for COVID-19

Drive Through Testing Site in Dandenong OPEN

 **Carroll Lane Carpark**
(off Cheltenham Rd)
 Open 7 days 8am – 6pm

Access to PCR testing open to any symptomatic person

- **Rapid antigen tests** remain the preferred means of testing for COVID-19. It is quick, convenient, and accurate if done properly.
- If a positive test is reported it opens a [positive pathway](#) to help.
- **PCR testing at State-run clinics** is now available to all **symptomatic** Victorians, and in certain cases, for those who are asymptomatic.. Priority will be given to people of high risk of serious illness and other at-risk groups.
- [Click here](#) to find State and commercial **testing clinics** in your area.
- Note the Monash Uni Testing Site is closed, but the **Carroll Lane Dandenong testing site is now open**. [Click here](#) for location.
- [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.

Monkeypox

Information about Monkeypox

Here's what you need to know:



The situation with monkeypox virus and vaccine availability is changing quickly. For more information about monkeypox and **translated fact sheets** visit: betterhealth.vic.gov.au/monkeypox

Anyone who has been in close contact with someone with monkeypox is at risk. If you develop monkeypox symptoms, and particularly if you develop a rash you should isolate from others and seek medical care. Wear a mask and call your GP clinic or health professional. If you have a rash or blisters, make sure these are covered.

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.

NOTE: The Noticeboard is moving from weekly to [fortnightly](#). See you in the Spring!




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



Dandenong Plaza - note change of hours

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](#)



Want to know more?

Connect Health & Community – Bentleigh

2A Gardeners Road Bentleigh East (walk-in only)
Tuesday 30 August, 10am - 1pm
Pfizer available to all age groups from 5 years and up.
[Download flyer here](#) [Info on COVID-19 vaccinations](#)



Aug 20

Aug 26

Aug 27

Monash Health Vaccination Bus Itinerary

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

- Paediatric doses for children aged 5-11 years
- 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

Ukrainian Community Centre – Noble Park

26 Chandler Rd Noble Park
Saturday August 20, 2pm – 6pm Public welcome too.
In partnership with Foundation House + Connect Health & Community
[Download Monash Health flyer here](#)

Nar Nar Goon Primary School – Nar Nar Goon

27-35 Spencer St, Nar Nar Goon
Friday August 26, 2pm – 7pm Public welcome after 4pm.
[Download flyer here](#) [Info on COVID-19 vaccinations](#)

Friends of Refugees Drop-in Centre - Springvale

Corner Parsons Avenue and Boulton Street, Springvale
Saturday August 27, 10am – 3pm Public welcome too.
[Download flyer here](#) [Info on COVID-19 vaccinations](#)

EVA HELPS YOU BOOK YOUR COVID-19 VACCINE



COVID-19 VACCINATION

Need help booking your COVID-19 vaccine?

Simply text 'Hey EVA' to **0481 611 382** to receive a call back from a trained call agent and arrange a time for your appointment.

EVA operates from 7am to 10pm, 7 days a week.

An initiative of the Australian Government Department of Health and Aged Care.

Alternatively, you can book online with the Vaccine Clinic Finder, visit www.covid-vaccine.healthdirect.gov.au/booking/

How to prevent serious illness from a COVID-19 infection



If you're in a high-risk group and test positive for COVID-19, you may be eligible for oral antiviral treatments. It's important to take these as soon as possible after symptoms start, so here's how you can get them:

- Talk to your GP to discuss your eligibility, as you will need a prescription to get the tablets or capsules.
- Your GP can send the pharmacist your prescription electronically for the medications to be collected by someone else while you isolate.
- If you don't have a regular GP or they're unavailable, you can find one through the [Healthdirect Service Finder](#) or contact the National Coronavirus Helpline on 1800 020 080.
- More about antiviral medications in [36 languages here](#).



COVID-19 treatments available for First Nations people aged 30+

If you're a First Nations person aged 30+ and have asthma, diabetes, obesity or are living remotely, you may be eligible for COVID-19 treatments. These, taken as tablets or capsules, can help protect you from getting really sick or dying from COVID-19.

Talk to your health professional about your risk factors and COVID-19 treatment options.

For more information about oral antiviral treatments for COVID-19, visit www.health.gov.au/oral-treatments

[See the video](#) introducing how these oral antiviral medications can help people at high risk of becoming very sick from COVID-19.

No need to go through this alone



Do you **live** in aged care?

Do you **care** for someone who is aged?

Do you **work** in aged care?

And do you feel that you are struggling because of the COVID-19 pandemic?

It has taken its toll on so many of us.

But there is a way through it. And that is, together.

If you, or someone you care for, needs support, there is free and confidential help available. For information on grief and trauma support, visit www.health.gov.au/grief-and-trauma-support-services