

Community Engagement Noticeboard

11 November 2022

Protect your community against increasing COVID-19 cases



Chief Health Officer [Professor Brett Sutton](#) has confirmed that Victoria is entering a **new COVID-19 wave**, which is impacting the more vulnerable people in our community. He outlines six simple steps you can take to protect yourself, which is the best way to protect others. “If you don’t get COVID, you can’t spread COVID.” We can reduce the size of this wave.

Keeping up with your vaccinations **greatly reduces** your risk of severe illness, hospitalisation, and death. See page 3 for locations and support.

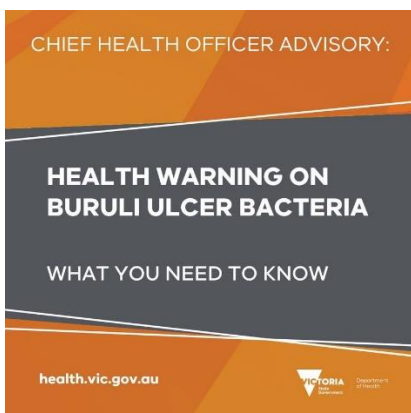
Check out the resources about boosters in the Australian Department of Health new COVID-19 vaccine pack for multicultural communities translated into 63 languages. Download and adapt the resources [here](#).

What happens when you test positive to COVID-19?



- If you have tested positive using a rapid antigen test (RAT) you should [report your result to the Department of Health online](#) or by calling [1800 675 398](#). [PCR test](#) results are automatically reported.
- Depending on your care needs, you may be referred to the [COVID Positive Care Pathways program](#) operated in this region by Monash Health or our SEPHU partners. They will assess and monitor your condition and provide the care that is right for you.
- You may also be eligible for [COVID medicines](#). These 'anti virals' or 'oral treatments' help reduce severity of sickness and keep people out of hospital. It is important to take them within 5 days of getting sick.
- If you have a higher risk of severe illness, talk to your GP to make a treatment plan now to help save valuable time if you test positive.

Buruli ulcer cases are occurring in more areas in Victoria



- Buruli ulcer case numbers are increasing this year, including in the SEPHU region of South East Melbourne.
- Buruli ulcer is a skin disease caused by bacteria, with growing evidence they are spread by mosquitoes and possums.
- Lesions typically present as a slowly enlarging painless lump or wound which can initially be mistaken for an insect bite.
- Early recognition and diagnosis is critical to prevent skin and tissue loss, so see a GP immediately if you have symptoms.
- Prevent Buruli ulcer by avoiding mosquito bites, reducing mosquito breeding sites around your home and covering cuts and abrasions when spending time outdoors.
- For more info go to [betterhealth.vic.gov.au/Buruli ulcer](#)

Monkeypox (MPX) vaccines now available for those at high risk

Are you eligible for vaccination against Monkeypox (MPX)?

Free vaccinations against MPX for people most at risk are now available.

For more information visit sephu.org/monkeypox



- Monash Health’s South East Public Health Unit is working with our health partners in the south east of Melbourne to deliver free vaccinations to people at high-risk of contracting MPX.
- Vaccination is highly effective, and a person will start to build protection in the days and weeks after their first dose, but it takes two weeks after the second dose for someone to reach their highest level of protection.
- Check for location details and eligibility at sephu.org/monkeypox

Mobile pop-up vaccination clinics:

- Monash University Wednesday 16 November 10am – 4pm
- Dandenong Palm Plaza Saturday 26 November 10am – 4pm

Current vaccination sites:

- Prahran Town Hall – Star Health Walk-ins, 3 days per week
- Clayton - Monash Health Immunisation Appointment required
- Clayton South – Medclinic Clayton Appointment required
- Cranbourne West Medical Centre Appointment required
- Alfred Health Vaccination Clinic Appointment required
- Frankston Hospital – Peninsula Health Appointment required


Monkeypox facts

Symptoms typically include:

- Fever
- Sore throat
- Chills
- Exhaustion
- Muscle aches
- Swollen lymph nodes
- Rash (a rash can appear on any part of the body)
- Rectal pain

Monkey pox vaccines now available.

For more information visit sephu.org/monkeypox

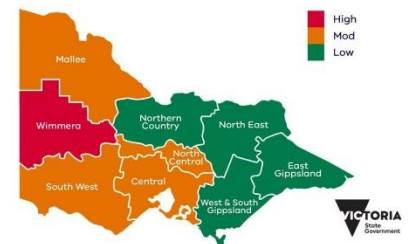


Hay Fever and Thunderstorm Asthma Warning

HIGH

Risk of epidemic thunderstorm asthma forecast tomorrow for Wimmera

Epidemic thunderstorm asthma forecast
10/11/2022



Download the **VicEmergency** app

Available on the App Store | Get it on Google Play

www.emergency.vic.gov.au

Set up an asthma watch zone

The risk of epidemic thunderstorm asthma changes on a daily basis across Victoria through the October-December pollen season but Victorians can be alerted ahead of time through the VicEmergency App or by visiting the website: emergency.vic.gov.au/prepare/...

- The University of Melbourne also offers a service called Melbourne Pollen that forecasts the level and types of pollen in the air.
- Allergic Rhinitis (commonly known as hay fever) affects nearly 20% of Australians. In Victoria, hay fever is mainly caused by the nose and/or eyes coming into contact with environmental allergens such as pollens, dust mites and material shed from animal fur, hair & feathers
- These allergens are more active around thunderstorms. You can be at risk of ‘thunderstorm asthma’ if you suffer from hay fever and asthma, but anyone can be affected, even in city areas.
- If you’re vulnerable to asthma, it’s recommended you see a doctor and have an appropriate asthma action plan in place and rescue medications on hand.
- For more information on Thunderstorm Asthma visit Victoria’s BetterHealth Channel.

Monash Health Mobile Vaccination Clinics open to the public



The bus will be visiting the following Monash Health locations plus community events with COVID-19 vaccine **available to staff, volunteers, patients and the public**. Click on the underlined words for more info.

- Moderna Bivalent third dose (booster) for people aged 18 years +
- Moderna Bivalent fourth dose (booster) for people aged 30 +
- Moderna Bivalent fifth dose for those immunocompromised
- Pfizer also available for those eligible aged 12 +
- Pfizer children's dose for children aged 5-11 at some sites*
- Please bring Medicare card or IHI details.
- No bookings are required, simply walk in 45mins before closing.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	8	9	10	11	12	13
Monash Health Community Springvale 9am – 3pm			Casey Hospital 9am – 4pm	Dandenong Hospital 9am – 4pm		<u>Dandy Show</u> Greaves Reserve 9am – 4pm
14	15	16	17	18	19	20
Monash Health Kingston Centre 9am – 4pm	Monash Health Moorabbin Hospital 9am – 4pm	<u>Monash Uni Clayton</u> Health Services Room G65 10am – 4pm Monkeypox + COVID-19	Monash Health Scoresby Centre 10am – 4pm	<u>Cardinia Walk Against Family Violence*</u> event Pa kenham Hall 10am – 4pm		<u>Bakhtar * Free BBQ</u> Hallam 12pm – 4pm
21	22	23	24	25	26	27
Casey Hospital Seminar Room 9am – 4pm	<u>Greater Dandenong Walk Against Family Violence</u> Harmony Square 10am – 2pm		Dandenong Hospital Ante Natal Room 9am – 4pm	Monash Health Community Dandenong 9am – 3pm	<u>Palm Plaza Dandenong</u> Meeting Room near Market 10am – 4pm Monkeypox + COVID-19	

Housebound?
Request an in-home vaccination here

Having an event?
Request a mobile vaccination team here

Want to find a clinic near you?
See Clinic Finder here for GPs & pharmacies

Need help to book your vax?
SMS 'Hey EVA' to 0481 611 382