

Community Engagement Noticeboard

22 December 2022

THANK YOU!



From left: Danielle, Silva, Caroline, Cate, Obaid and Rob.

On behalf of the Monash Health Community Engagement team, I would like to extend our heartfelt thanks to you and your organisation for all your wonderful work this year. Your efforts continue to make our community a healthier and happier place to live, work, play and thrive in!

We wish you all the best for the holiday season and look forward to working with you in the new year!

Cate McGrath
Director of Community Engagement



Noticeboard back in February 2023

- Please note, the fortnightly Community Engagement Noticeboard will take a break during January and return in February 2023.
- Any urgent communication during this time will be sent out via email.
- If you need to contact the Community Engagement Team at Monash Health's South East Public Health Unit, please email communityengagement@monashhealth.org

Visit the SEPHU website and stay up to date

- Visit the South East Public Health Unit website at www.sephu.org
- Mpox and COVID-19 vaccination clinics are operating in January 2023. Further details can be found on the website.
- Learn more about the South East Public Health Unit.
- Check out the latest news and events.
- See past Noticeboard editions.

Staying safe this summer as the weather warms up



Let's all enjoy water safely this summer

As the weather warms up, it's important we look after ourselves and others when around water. Here are some quick tips:

- Know the conditions. Check weather conditions and observe signs.
- Avoid alcohol around the water. Alcohol and water don't mix.
- Wear a lifejacket when boating or fishing. It could just save your life.
- Avoid going alone. It's not worth the risk.
- Supervise children at all times. Don't get distracted.
- Swim between the red and yellow flags at the beach.

For more information, check out [Royal Life Saving Victoria's website](#).



Remember to 'slip, slop, slap, seek, slide'

Protect your skin from harmful UV rays by remembering to:

SLIP: on clothing that covers as much skin as possible.

SLOP: on some UV30+ (or higher) sunscreen.

SLAP: on a broad-brimmed hat.

SEEK: out shade.

SLIDE: on some sunglasses to protect your eyes.

For more information, check out the [Cancer Council website](#).



Tips to beat the heat this summer

Simple tips to survive the heat:

- Drink plenty of water, keep cool, plan ahead, check in on others, and remember never leave people or pets in a car on a warm day.
- Those most at risk of heat stroke are older people, young children and people with a medical condition.
- Check out this kids book in your language: [Joey and the Heatwave](#)

For more information, check out [Better Health Channel's website](#).



Don't wing it with mosquitoes

- Mosquitoes (mozzies) can spread a number of diseases including **Barmah Forest virus disease**, **Ross River virus disease**, **Japanese encephalitis**, and **Murray Valley encephalitis**.
- In rare cases these diseases can cause life threatening illness.
- This summer, it's important to take extra steps to avoid getting bitten by mosquitoes and removing mosquito breeding sites (stagnant water) from around your home.
- Wear long, loose-fitting clothing and use repellents that contain picaridin or DEET on all exposed skin.

For more information, check out [Better Health Channel's website](#).



Contaminated Spinach: RECALL

- There have been several reported cases of food-related toxic reactions from certain products containing baby spinach.
- All affected products are not safe to consume and should be discarded into the rubbish bin or returned to the place of purchase for a full refund.
- See [Food Standards Australia and New Zealand \(FSANZ\) website](#) for the brands and batch numbers affected.



Be COVID safe this festive season

- Keep family and friends safe this festive season, particularly those in high-risk settings such as aged-care or hospitals.
- Follow these simple steps to keep everyone safe:
 - Stay home and avoid high-risk settings if you're unwell.
 - Wear a mask, especially in crowded settings.
 - Stay up-to-date with vaccinations.
- Find out more information from the [Australian Government website](#).



GP Respiratory Clinics over the holidays

- Some GP Respiratory clinics will remain open over this holiday season to help you test and provide treatment for COVID-19 or other respiratory illnesses.
- If you have COVID-19 symptoms, you should test as soon as possible using a RAT. You should stay at home if you test positive.
- Life-saving antiviral treatments for COVID-19 need to be started early after testing positive. Talk to your GP about these medicines and have a plan in place. An eligibility tool for antiviral treatments can be found [HERE](#).
- Find your local GP Respiratory clinic and check availability [HERE](#).

Access support through South East Metro COVID Positive Pathways

- Targeted care and support is available for priority population groups who get COVID-19, including Aboriginal and Torres Strait Islanders, people aged over 80, people with a disability or their carer, refugees and asylum seekers and those that can't safely isolate at home.
- Organisations supporting these priority groups can make a referral for more support to Sandringham Ambulatory Care Centre by telephone on 9119 1025 or email team@covidpathway.com.au
- The Department of Health website has more information on [COVID Positive Care Pathways program](#).

Housebound?
Request an in-home vaccination here

Need a speaker for an event?
Send us your enquiry 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

Tell us what you think of the Noticeboard or share resources. Send us an email at communityengagement@monashhealth.org and we will be in touch.

Start the new year well. Sign up to the Noticeboard to get all the latest information. Scan or click the **QR code** to register.

