Monash Health
South East Public Health Unit

Community Engagement Noticeboard

9 December 2022

Don't let COVID catch you this summer

- COVID-19 continues to be a part of our lives.
- Anyone can catch COVID-19, but people who have existing health problems or are older are more likely to become severely unwell and may require hospital care.
- We can all make small changes in our behaviour to reduce the spread of COVID-19 and protect ourselves, our loved ones, and the wider community.
- **Protect yourself** by staying up to date with COVID-19 vaccinations.
- **Protect others** by getting tested and staying home when unwell.
- Take **simple steps** to protect yourself and others, so everyone can enjoy the festive season safely.

Talk to your GP about COVID medicines

- The Victorian Department of Health has **strong evidence** that COVID medicines saved lives during the last COVID wave.
- Victorians aged over 70 who took COVID medicines were 26% less likely to be hospitalised and 55% less likely to die than those who did not. Evidence also shows they decreased the risk of long COVID.
- It is important to take the medicine within 5 days of getting COVID, so use the **eligibility tool** to find out if you can get them. Talk to your GP about these medicines and have a plan in place.
- **Professor Michael Kidd** explains COVID-19 oral treatments, and what you need to know if you are at higher risk of severe illness.

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

Mobile COVID-19 Vaccination Clinics open to the public

The Monash Health Mobile Vaccination Team will be visiting the following Monash Health locations and community locations 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 +
- Please bring Medicare card or IHI details.
- No bookings are required, simply pop in 45mins before closing.

Mpox *– Vaccination Team engaged in delivering mpox (monkeypox) vaccinations. See next page for clinic information.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	6	7	8	9	10	11
				Dandenong Hospital Ante Natal Room 9am – 4pm		**Mpox**
12	13	14	15	16	17	18
Monash Health Kingston Centre 9am – 4pm	**Mpox**	**Monash University Clayton** 10am – 4pm COVID + Mpox	**Monash Health Community Dandenong** 10am – 3pm	**Monash Health Moorabbin Hospital** 9am – 4pm		**Sikh Temple Officer** 10am – 4pm (Last Bus Pop-Up!)
19	20	21	22	23	24	25
Casey Hospital Seminar Room 9am – 4pm	**Mpox**		**Dandenong Hospital** Ante Natal Room 9am – 4pm			

‘Vax Buster’ final bus stop

After 260+ vaccination pop-ups since December 2021, delivering 6000+ vaccinations across 11 Local Government Areas, the Monash Health/ Ventura Vaccination Bus will be ‘retired’ after its last life-saving stop on Sunday 18 December at the Sikh Temple in Officer. Thank you to the team involved in this memorable journey caring for the community and for those who got on the bus and rolled up their sleeves!

Staying informed about other public health matters

Mpox (monkeypox) vaccinations available

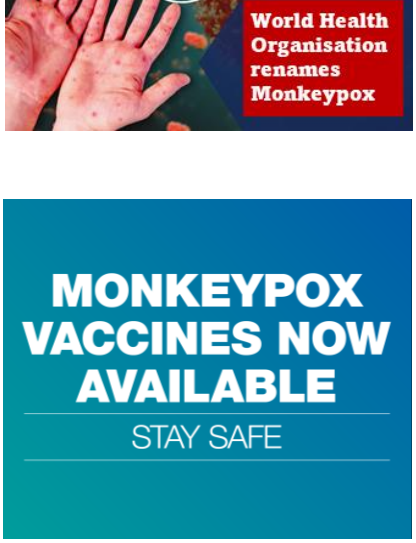
- Monash Health's South East Public Health Unit is working with health partners to deliver free vaccinations to people at high-risk of contracting mpox.
- Check for location details, eligibility, and clinic information at sephu.org as some clinics require an appointment (*).

Mobile or pop-up vaccination clinics:

- Access Health St Kilda — Mondays 12 & 19 Dec 11am – 3pm
- Glen Eira GP Respirartory Clinic — Tuesday 13 December 12pm – 4pm
- Monash University - Clayton — Wednesday 14 Dec 10am – 4pm
- Victorian Pride Centre (*) — Sunday 8 January 10am – 4pm

Current fixed vaccination sites :

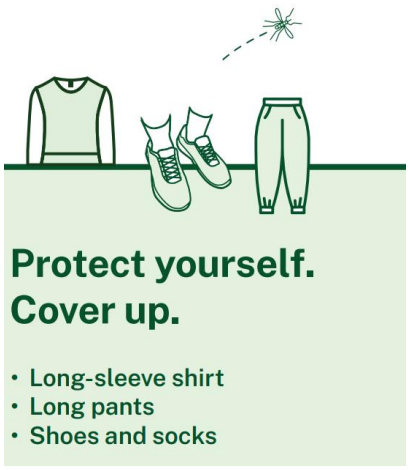
- Prahran Town Hall (Walk-in) — Three days per week, see link for times
- Clayton - Monash Health Immunisation — Mon–Fri 8.30am–3.45pm
- Clayton South – Mediclinic Clayton — Mondays only 12pm–5pm
- Cranbourne West Medical Centre — Wednesdays only 9am-4pm
- Alfred Health Vaccination Clinic — Wed and Fri mornings only
- Frankston Hospital – Peninsula Health — Weekdays by appointment



How to survive the heat this summer

- Heat can cause illnesses such as heat cramps and heat exhaustion. Without intervention this can result in the life-threatening condition, heatstroke, which can be fatal. Those most at risk are older people, young children and people with a medical condition.
- Simple tips to survive the heat: Drink water, keep cool, plan ahead, check in on others, and remember hot cars can kill.
- The Bureau of Meteorology will issue a heatwave warning for your weather district if a **severe** or **extreme** heatwave is expected.

Protect yourself from mosquito-borne diseases



- Some mosquitoes carry serious diseases that may be passed on to people through mosquito bites.
- **Ross River virus**, **Japanese Encephalitis**, and **Barmah Forest virus** have all been detected in Victoria.
- 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.
- Use netting or insect screens to keep mosquitoes out of your home. More info here.

Are you a subscriber to the Noticeboard? Scan or click the **QR code** to register.
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 to discuss.