Monash Health
South East Public Health Unit

Community Engagement Noticeboard

2023 COVID booster dose

The 2023 COVID booster dose is available for everyone aged 18 and above from 20 February.

The bivalent booster dose remains the best way to prevent severe illness or hospitalisation, especially in people over 65 and those at higher risk of severe illness.

You can have your booster dose if your last dose or COVID infection was 6 or more months ago.

Find out more about the 2023 booster dose here >>

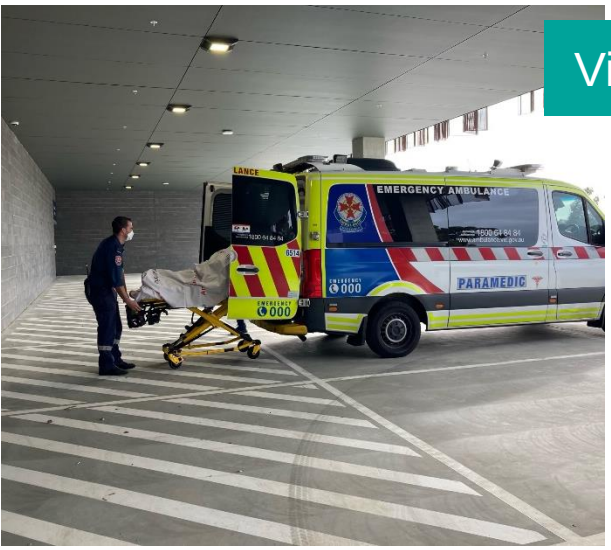
Murray Valley encephalitis

The risk of mosquito-borne diseases such as Japanese encephalitis (JE), MVE and West Nile (Kunjin) virus infections are high this summer, particularly in northern Victoria where viruses are being detected in mosquitoes.

These viruses can cause a rare but potentially serious infection of the central nervous system and are spread to humans by infected mosquitoes. Taking measures to avoid mosquito bites is critical to protect against infections.

If you are planning to travel to northern Victoria over the upcoming holidays, particularly inland riverine regions and near the Murray River, make sure you take measures to reduce the risk of mosquito bites.

Read the full alert here >>



Victorian Heart Hospital staged opening

As part of the planned staged opening, Victorian Heart Hospital Cardiac Emergency is currently only treating patients triaged by Ambulance Victoria.

For non-heart related emergency medical conditions please seek care at your closest Emergency Department.

You can also seek care at your Priority Primary Care Centre. Follow this link for the list of all Priority Primary Care Centres

If you suspect that you are experiencing cardiac symptoms or need urgent medical attention, please dial triple zero (000) immediately.

Health checks for women

Celebrate International Women's Day by booking a health check

Regular health check-ups can identify any early signs of health issues. Finding problems early means that your chances for effective treatment are increased. A general check-up is recommended once a year, and if you are at higher risk of a disease or condition, you may need to get checked more often.

The purpose of these visits is to:

- Check for current or emerging medical problems
- Assess your risk of future medical issues
- Prompt you to maintain a healthy lifestyle
- Update vaccinations.

Read more about regular health checks here >>

World Hearing Day

World Hearing Day is on the 3rd March each year, to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

For 2023, the theme for World Hearing Day is focused on highlighting the importance of integrating ear and hearing care within primary care, as an essential component of universal health coverage

Find out more about ways to protect your hearing >>

Asthma Action Plans

Returning to school means big changes to routines and environments that can sometimes cause children's asthma to flare up.

Asthma action plans are a vital tool for managing asthma and ensuring a quick response to an emergency. There is no 'standard' asthma action plan, as everyone's asthma is different.

Asthma symptoms should be reviewed with a doctor (GP) every 6 months for children and every year for adults, and the asthma action plan updated if necessary.

Read more about Asthma Action Plans >>