Community Engagement Noticeboard

Stay well this winter

Getting your flu shot is the most effective way to stay protected from flu this winter. The flu shot is free for:

- Children ages 6 months to under 5 years
- people aged 65 and over
- people who are pregnant
- Aboriginal and Torres Strait Islander people aged 6 months and older, and
- people with medical conditions that put them at increased risk of severe flu.

Influenza and COVID-19 vaccines are now available. Book with your GP or Pharmacist.

Remember, stay home if you're unwell.

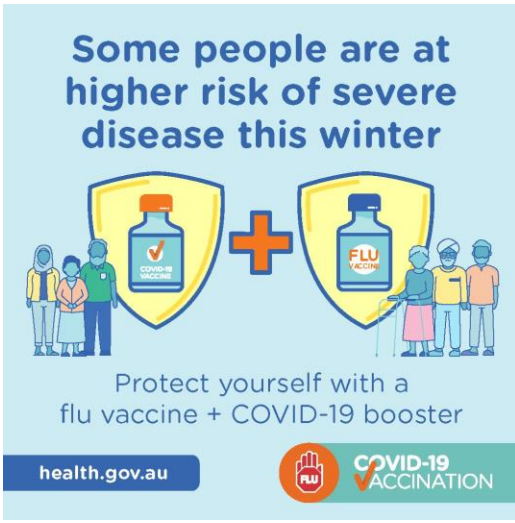
In-home and community vaccinations

COVID-19 continues to be part of our lives and threatens the health and wellbeing of Victorians every day, especially those who are elderly, immune-compromised, and some people living with a disability.

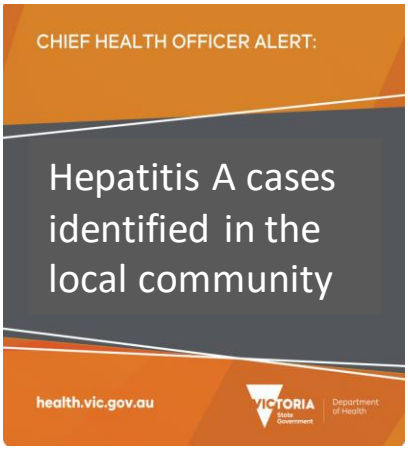
The South East Melbourne Primary Health Network -SEMPHN can arrange a **home visit** anywhere in the SEMPHN catchment, if people are eligible and cannot leave the home to receive a COVID-19 vaccination booster. An influenza vaccination can be administered at the same time. Apply here today >>

SEMPHN can also arrange a **pop-up vaccination clinic** for vulnerable groups, including refugees and people seeking asylum, who may face barriers to accessing GPs or pharmacies.

Enquire about a pop-up clinic: Email COVIDHomebound@semphn.org.au >>



Hepatitis A – Chief Health Officer Alert



People who have eaten food from the **Creatures of Habit café, Springvale** are advised to be aware of the symptoms of hepatitis A infection following two cases linked to the cafe . The cafe has been cleaned and there is no longer a risk to the public.

- Anyone who ate food purchased from the café between **25 March and 8 April 2023** should **monitor for symptoms** for up to 50 days from exposure **(up to 28 May)** and seek medical attention if unwell**.**
- Hepatitis A is a viral infection of the liver. Symptoms include loss of appetite, nausea, fever and stomach pains, followed by dark urine, pale stools and jaundice.
- Hand washing and good hygiene practices are important to prevent transmission of hepatitis A.
- Do not attend work if you have symptoms consistent with hepatitis A infection, particularly if you work as a food handler, child care worker or healthcare worker.

Information on hepatitis A available on Better Health Channel >>

Preventing cervical cancer

Human papillomavirus (HPV) is the leading cause of cervical cancer. Even if you've had the HPV vaccine, you still need to do your cervical screening every 5 years, from aged 25 to 74 years of age.

To check if you're due for a Cervical Screening Test, contact your healthcare provider If you're due, make sure to book your test today.

More info on screening is available at www.health.gov.au/ncsp >>

The HPV vaccination is recommended for all women, plus those who are immuno-compromised, plus men who have sex with men.
It is free for young people up to age 26.
More info about HPV vaccination at www.health.gov.au/ >>

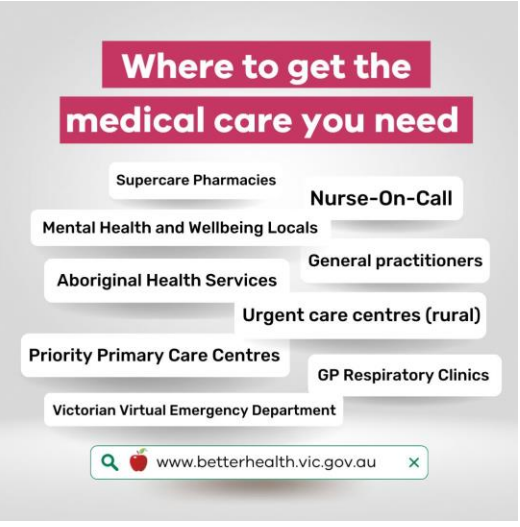
Get your free Heart Week resource pack

If you're 45 and over, or 30 and over if you're of Aboriginal or Torres Strait Islander descent, you should book your Heart Health Check today.

- 1.4 million Australians have a high chance of having a heart attack or stroke in the next five years. Many are unaware of this risk.
- Regular heart health checks with your GP help you better understand your risk of a heart attack or stroke in the next five years. Learn more >>
- Your GP can support you to make positive changes to lower this risk.

You can download or order resources to engage your community about their heart health, particularly about the importance of having a Heart Health Check and understanding key risk factors for Cardiovascular Disease (CVD).

Learn about the three simple steps to keep your heart healthy >>



All your healthcare options in one place

If you are unwell, you have a number of options for care, depending on how severe your illness or situation is.

Download the **guide** outlining the options here >>

Know where to go if you or your family requires urgent attention but not an emergency response:

Find a **Priority Primary Care Centre** near you >>

Know ahead of time what situations require an emergency response:

Save Triple Zero (000) for life-threatening emergencies >>

Last chance to order masks and RATs

The Victorian Department of Health has been distributing complimentary (non-clinical) KN95 masks to community organisations to assist in preventing the spread of COVID 19. Please note **this service will cease shortly. Final orders will be processed for KN95 masks on the 24 May 2023 unless the stock is depleted prior to this date.**

The minimum order is one carton which consists of 12 boxes (600 masks). To order, email healthservicestesting@health.vic.gov.au >>

Rapid Antigen Tests are also available and may be ordered, free of charge, by emailing RADTeamRequests@health.vic.gov.au >>

Free capacity building training

Monash Health SEPHU and the Department of Health invites you and your organisation to attend our free one day workshop that aims to:

- Strengthen your grant funding proposals;
- Improve your project reporting to show the impact and outcomes achieved through your funded projects;
- Enhance engagement strategies with your communities and partners;
- Improve health outcomes through more effective collaborations.

Date: Thursday 1 June 2023, 9:00am - 4:00pm

Location: Dandenong

Provided: Morning tea, lunch and afternoon tea.

Registrations: Please complete registration form here. Places limited.

Volunteer to promote health

As National Volunteer Week approaches on May 15, SEPHU would like to take this opportunity to commend all those in our region who volunteer, particularly if you are working for the health and wellbeing of others.

Two more opportunities for you to consider:

1. **The Water Well Project** is calling for healthcare professionals and final-year medical students to attend an induction session on **Tuesday May 23 6.30pm**. Find out how you can improve the lives of migrants, refugees and people seeking asylum by conducting health literacy sessions. More info here >>

2. The recently opened **Victorian Heart Hospital** is the first dedicated cardiac hospital in Australia and is now looking for volunteers to help us to support our employees, visitors, patients, families, and carers. More info here >>