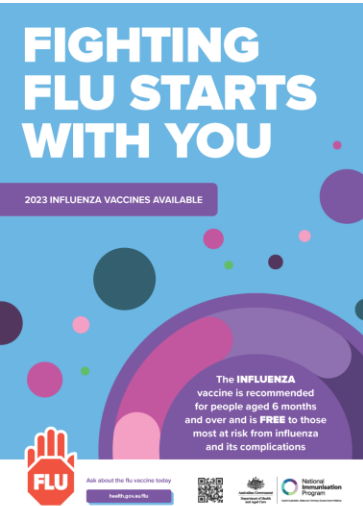


Community Engagement Noticeboard



2023 Influenza vaccine now available

Annual vaccination against influenza (flu) is the best defence to protect against disease.

Influenza is a common viral infection that affects people of all ages. While it can be a mild disease for some, it can also cause very serious illness in otherwise healthy people.

The flu vaccine is now available at pharmacies and GPs. The vaccine is safe and recommended for all people in Australia aged 6 months and older.

You can get your flu vaccine and your COVID-19 booster on the same day, one after the other.

Wearing a face mask and good hand hygiene can help to reduce your chances of catching the flu or passing it on to others.

[Read the consumer fact sheet - Fighting flu starts with you >>](#)

COVID-19 boosters and support

Due to the ongoing risk from COVID-19, there are things you can do to protect yourself and there is support available.

- **Bivalent 2023 booster dose** is available to everyone aged 18 and above.
- More people aged 60 to 69 will have **access to the antiviral treatment Paxlovid**. Check with your GP about whether an oral antiviral treatment suits your health needs and develop a plan in case you test positive to COVID-19.
- New **Aged Care Worker COVID-19 leave grants** will be available to support permanent or casual aged care workers. Workers can receive a payment of up to \$750 when they are required to take leave related to COVID-19 and have no leave entitlements available.

[Read about these initiatives on the Department of Health and Aged Care website >>](#)



HPV vaccine for young people

Do you know a young person that missed out on getting the Human Papillomavirus virus (HPV) vaccine at school?

It's not too late to protect yourself from a range of HPV related cancers and diseases. Almost all cervical cancers are linked to HPV infection. Vaccination also protects against genital warts and HPV related genital, anal and oropharyngeal cancers. The benefits of HPV vaccines are greatest when given before exposure to the virus. This is why the vaccine is given to young people in early high school before they become sexually active.

All young people are now eligible to get the FREE vaccine until their 26th birthday.

Book your appointment by contacting your health provider.
[Read more about HPV at www.health.gov.au/ >>](http://www.health.gov.au/)



TGA recall on some cough medicines

Following a safety investigation by the Therapeutic Goods Administration (TGA), 55 products containing **pholcodine** are being cancelled from the Australian Register of Therapeutic Goods and those currently on pharmacy shelves are being recalled from pharmacies from 29 March 2023.

This recall is due to a link between pholcodine-containing medicines and an increased risk of anaphylactic reactions to certain medicines used as muscle relaxants during general anaesthesia.

Check if any of your over-the-counter cold and flu medicines contain pholcodine and, if they do, ask your doctor or pharmacist to suggest an alternative treatment.

[More information and list of products affected here >>](#)

Free health communication training

The Victorian Department of Health has funded the Centre for Culture, Ethnicity & Health (CEH) to help people reflect on their practices and upskill through live online workshops or eLearning.

Each option takes 2.5 hours giving practical and specialist training tailored to help your organisation, staff and systems relate more responsively to clients from migrant and refugee backgrounds.

For more details refer to the CEH website www.ceh.org.au/training/

Contact CEH by email ceh_training@ceh.org.au or phone 9418 9912.

[Register for the Cultural Competence online workshop >>](#)



**Improve your
cultural competence**



April 7 is World Health Day

[Read more about World Health Day here >>](#)

Working together to improve health

SEPHU would like to wish all our partnering agencies and individuals a happy World Health Day, which is April 7 each year.

Many thanks to all who have participated in our recent consultations to support the development of a population health catchment plan which reflects state-wide and local health and wellbeing priorities.

If you would like to contribute to the plan, you can either:

- Complete an online survey using the link below
- Invite us to consult with your agency or community group

Contact us to get involved: communityengagement@monashhealth.org
[Complete the online survey >>](#)