

Community Engagement Noticeboard

COVID-19 is NOT over. Prevention is still the best protection



- There has been an increase in hospitalisation and cases in recent weeks with the growth of new Omicron subvariants.
- Victorians are reminded to stay up to date with [vaccination](#), [wear masks](#), improve [ventilation](#), [test](#) and [isolate at home](#) when sick.
- A [paediatric Moderna vaccine](#) is recommended for children aged 6 months to 5 years at a higher risk of severe illness from COVID-19. To make a booking and for more information, visit: <https://coronavirus.vic.gov.au/get-vaccinated>.

Here are some COVID-19 vaccination options in the west:

Highpoint Shopping Centre	120-200 Rosamond Rd, Maribyrnong VIC 3032 (Adjacent Commonwealth Bank)	Walk-in only	Friday 11 - Thursday 24 November	every day from 10am - 4pm
Salvation Army Sunshine Corps	42 Devonshire Rd, Sunshine	Walk-in only	Fridays until 16 December	2pm - 6pm

COVID-19 anti-viral medication



- For people who have tested positive for COVID-19, antiviral medication (Paxlovid and Lagevrio) has been shown to significantly improve outcomes. Hospitalisation has been 26% less for those taking the medication and deaths 55% less.
- People over 70 years of age are eligible to receive the antiviral medication for free, with a GP prescription. For broader eligibility information check [COVID-19 medication](#) eligibility by scanning the QR code to the left. Learn more on [antiviral medication on healthdirect.gov.au](https://www.healthdirect.gov.au/antiviral-medication-on-healthdirect).

Disability Liaison Team

- The [Disability Liaison team at Western Health](#) helps support people with disability, their families and carers access hospital services and the care and treatment they need. The team also has a strong focus on making sure people with a disability can access screening and treatment for COVID-19.
- The Disability Liaison Service operates **7 days per week** and can be contacted either via phone or email.
 - Phone: [Amanda 0434 954 083](tel:0434954083) or [Daniela 0435 208 209](tel:0435208209)
 - Email: disabilityliaison@wh.org.au.

Preparedness and outbreak management support

- Western Public Health Unit (WPHU) continues to provide COVID-19 preparedness and outbreak management support to sensitive settings such as residential aged care and disability facilities in our catchment.
- WPHU is contacting residential facilities to offer support and referrals for ongoing outbreak management, preparation and planning.
- Any facility can call us on [1800 497 111](tel:1800497111) or email us at WPHU@wh.org.au for assistance with COVID-19 preparedness and outbreak management support.



To request a COVID-19 pop-up vaccination email our vaccine partner IPC health at covid.vaccinations@ipchealth.com.au and express your interest.



Are you a community group seeking to distribute **Rapid Antigen Tests (RATs)** to your community? Send us a request through to WPHU@wh.org.au indicating in the subject box "Community Engagement RATs request".



Do you want to receive our noticeboard? Just send us an email to WPHU@wh.org.au with the subject 'Subscribe to Community Engagement Noticeboard'.

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Health following floods



- After flood waters subside, there are still risks to your health and safety.
- Mosquitoes can breed rapidly and become a nuisance, they can also carry a range of diseases. Learn more about [mosquito-borne diseases on Better Health Channel](#).
- Flooding can also cause excessive mould growth, which must be cleaned up before moving back to your home. Learn about [actions to reduce mould on Better Health Channel](#).

- A number of infectious diseases, including [gastrointestinal infections](#) and hepatitis A, can spread through contact with contaminated surfaces. The likelihood of illness increases when flood water contains faecal material (poo) from overflowing sewage systems, and agricultural or industrial wastes.
- Floodwaters can affect food through direct contact or, indirectly, by causing interruptions to power supplies, affecting local refrigeration. Learn more about [staying safe when impacted by major flooding](#) on [wphu.org.au](#).

Mosquito-proof your homes and holidays

- Flooding and heavy rainfall have increased the risk of viruses transmitted by mosquitoes in Victoria this season. Your only protection against mosquitoes and the diseases they can carry is to avoid mosquito bites.



- Cover up - wear long, loose-fitting clothing.
- Use mosquito repellents containing picardin or DEET on all exposed skin.
- Limit outdoor activity if lots of mosquitoes are about.
- Remove stagnant water where mosquitoes can breed around your home or campsite.
- On holidays make sure your accommodation is fitted with mosquito netting or screens.
- Use 'knockdown' fly spray, mosquito coils or plug-in repellent where you gather to sit or eat outdoors.

- Don't forget the kids - always check the insect repellent label. On babies, you might need to spray or rub repellent on their clothes instead of their skin. Avoid applying repellent to the hands of babies or young children.
- [Japanese encephalitis \(JE\) virus](#) can cause a rare but potentially serious infection of the brain. JE virus is transmitted to humans by infected mosquitoes. In Victoria, a [JE vaccine](#) is available free of charge for specific groups most at risk of exposure to JE virus. Learn more on [JE virus on Better Health Channel](#).

Mould and your health

Mould associated with damp buildings can trigger nasal congestion, sneezing, cough, wheeze, respiratory infections and worsen asthma and allergic conditions.



- People who are more susceptible to these symptoms and other serious health effects include those with:
 - weakened immune systems
 - allergies
 - severe asthma
 - chronic, obstructive, or allergic lung diseases.
- You should seek medical advice if you are concerned about the effects of mould. Download the factsheet on [Mould and Health](#) from [health.vic.gov.au](#).

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Manage your asthma and allergies this season

Thunderstorm asthma can affect those with asthma or hay fever - especially people who experience wheezing or coughing with their hay fever. How to be prepared:



- Monitor the epidemic thunderstorm asthma risk forecast on the [VicEmergency app](#) or monitor the pollen count on [Melbourne Pollen Count and Forecast](#).
- Limit going outdoors during a storm - especially when it is windy.
- Take your preventative medication as directed, even when you are symptom-free.
- Carry your reliever and know how to manage an asthma attack. Follow your asthma plan or use the [4 steps of asthma first aid](#).

Learn more on thunderstorm asthma symptoms and prevention on [Better Health Channel - Thunderstorm asthma](#) or play the [video above](#).

For translated resources, including posters, brochures and fact sheets visit the [Thunderstorm asthma - multicultural resources](#) on health.vic.gov.au.

Cervical Cancer Awareness Week: November 7-13

National Cervical Cancer Awareness week provides a great opportunity to raise awareness of cervical cancer and encourage Victorians to do what they can to help Australia be one of the first places in the world to eliminate this disease.



- The human papillomavirus (HPV) vaccine (Gardasil®9) prevents 93% of cervical cancers.
- HPV vaccine is offered to Year 7 students as part of the [school-based vaccination program](#).
- Catch-up doses can be received for free up until age 19.
- Offer HPV vaccine catch-up to all eligible persons who may have missed receiving [HPV vaccine](#).
- Pharmacist immunisers can now administer HPV vaccine to persons aged 12 years and older.

Monkeypox vaccinations are now available

There are range of monkeypox vaccination sites across metropolitan Melbourne:

Vaccination Hubs	Address	Appointments	Date	Time
cohealth West Melbourne	98 Abbotsford Street, West Melbourne	Walk-in only	Thursday - Friday	12pm - 8pm
			Saturday - Sunday	10am - 6pm
Prahran Town Hall (Star Health)	180 Greville Street, Prahran	Walk-in only	Tuesday	10am - 4pm
			Thursday	12.30pm - 6.30pm
			Saturday	10am - 4pm.
Cranbourne West Medical Centre	Cranbourne West Shopping Centre, shop S15, 19 Strathlea Drive, Cranbourne West	Book online or call 7017 5932	Monday - Friday	9am - 8pm
			Saturday and Sunday	9am - 2pm
Mediclinic Clayton	unit 25, 14-16 Audsley Street, Clayton South	Book online or call 9544 1555	Monday - Friday	9am - 6pm

OUTFOX MONKEYPOX

STAY SAFE THIS SUMMER

Monkeypox is a viral infection that spreads through close physical contact, including sex. Anyone can get the virus, but right now it's largely affecting gay, bisexual or other men who have sex with men.

Symptoms can include a rash, fever, chills, headache and muscle aches. The virus isn't life threatening but it can be painful, with symptoms lasting for several weeks.

Vaccines provide excellent protection against monkeypox and are now available at cohealth West Melbourne and other participating cohealth sites. Get your vaccination today.



For more information visit
wphu.org.au/mpx

cohealth
care for all

