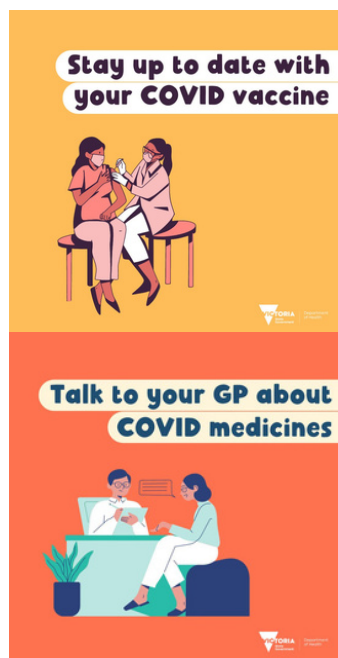


Community Engagement Noticeboard

COVID-19 is still with us



- Cases and hospitalisations are on the rise.
- The risk of COVID spreading is highest where there is an overlap of the 'three C's':
 - crowded places
 - close contact settings (extended face-to-face conversations)
 - confined or small spaces.
- Make small changes in your behaviour to reduce the spread of COVID and protect yourselves, your loved ones, and the wider community by:
 - staying up to date with your COVID-19 vaccinations
 - getting tested and staying home if you are unwell
 - wearing a well-fitted face mask when indoors.
- COVID-19 medicines save lives.
 - Victorians aged over 70 who took COVID-19 medication were 55% less likely to die than those who did not.
 - Talk to your GP before you are unwell to find out if you are eligible for COVID treatment.
 - Learn more on COVID-19 medication at www.health.vic.gov.au.

Request COVID-19 Vaccine pop-up from our partner IPC Health



- The Western Public Health Unit's partner, IPC health, is working hard to deliver vaccination services through pop-up sites across the west.
- If you want to protect your community with vaccinations at your local events or any locations, get in touch with our partner IPC health for a vax-pop-up at covid.vaccinations@ipchealth.com.au and express your interest.
- Presently they are administering vaccines at the sites listed below

Highpoint Shopping Centre	Level 3, Shop number 3118/9 - (near Myer) (120-200 Rosamond Road, Maribyrnong)	Walk-in only	<ul style="list-style-type: none"> • COVID-19 vaccination • Monkeypox (mpox) • Influenza shots for over 65+ 	Open 7 days Until Thursday 31 December	every day from 10am - 4pm
Cherry Lake Market	Cherry Lake, Millers Road, Altona, 3018	Walk-in only	<ul style="list-style-type: none"> • COVID-19 vaccination • Monkeypox (mpox) • Influenza shots for over 65+ 	Sunday 3 December	9am-2pm
Footscray Mall	Nicholson St, Footscray, 3011 (outside Snap Fitness)	Walk-in only	<ul style="list-style-type: none"> • COVID-19 vaccination • Monkeypox (mpox) • Influenza shots for over 65+ 	Every Monday Until Thursday 31 December	2pm-7pm
Queen Victoria Market	Footscray VIC 3011	Walk-in only	<ul style="list-style-type: none"> • COVID-19 vaccination • Monkeypox (mpox) • Influenza shots for over 65+ 	Thursday 1- Sunday 4 December Thursday 8- Sunday 11 December	9am - 3pm
Williamstown Hall	104 Ferguson St, Williamstown	Walk-in only	<ul style="list-style-type: none"> • COVID-19 vaccination • Monkeypox (mpox) • Influenza shots for over 65+ 	Tuesday 13 December	2pm-7pm
Salvation Army Sunshine Corps	42 Devonshire Rd, Sunshine	Walk-in only	<ul style="list-style-type: none"> • COVID-19 vaccination • Monkeypox (mpox) • Influenza shots for over 65+ 	Fridays until 16 December	2pm - 6pm
Tarneit Bharatiye Club	83 Penrose Promenade, Penrose Community Centre, Tarneit, 3029.	Walk-in only	<ul style="list-style-type: none"> • COVID-19 vaccination • Monkeypox (mpox) • Influenza shots for over 65+ 	Friday 16 December	12pm -2pm

Community Engagement Noticeboard

Measles health warning



- Measles is a very contagious viral illness that causes a skin rash and fever and can cause serious illness, sometimes fatal, and bring other health complications.
- Measles is rare in Australia because of the widespread use of the measles vaccine.
- There is a risk that the infection can be brought in from overseas travel.
- Immunisation is the best protection against measles. Thus, it is important to be up-to-date with your vaccination.
- Learn more about measles at www.betterhealth.vic.gov.au.

- Read about measles vaccination at: <https://www.betterhealth.vic.gov.au/health/healthyliving/measles-mumps-rubella-varicella-chickenpox-immunisation#immunisation-with-mmr>.

Thunderstorm asthma

- Thunderstorm asthma can affect those with asthma or hay fever - especially people who experience wheezing or coughing with their hay fever. Take these steps to get 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](#).
- For translated resources, including posters, brochures and fact sheets visit the [Thunderstorm asthma - multicultural resources](#) on health.vic.gov.au.

Asthma and breathing difficulties in children -Survey and workshop invitation

- [Western Public Health Unit's](#) partner, [cohealth](#), is talking to parents and carers of children in Brimbank, Maribyrnong and Hobsons Bay about asthma care.
- The survey findings will help cohealth design new and improved asthma care in the west.



- If you are interested in sharing your stories and experiences
 - complete the survey by scanning the QR code to your left
 - and receive a chance to win \$100 vouchers.
- Alternatively, you can also attend the online workshop on Wednesday 7 December 1-2:30 pm to share your stories and experiences
 - To register your interest: [click here](#)
 - Participants will receive a \$40 voucher each.
- For more information contact: clara.adams@cohealth.org.au

Community Engagement Noticeboard

COVID-19 Paediatric Vaccination available for some children



- A paediatric Moderna vaccine is recommended for children aged 6 months to 5 years who are severely immunocompromised, have a disability or have multiple conditions that increase their risk of severe COVID-19.
- Victoria has established three specialist paediatric vaccination clinics to support vaccination for this age group - the clinics are at the [Royal Children's Hospital](#), [Sunshine Hospital](#) and the [Monash Medical Centre](#).
- Eligible children can receive the vaccine now.
- To make a booking visit: Vaccine Clinic Finder at <https://covid-vaccine.healthdirect.gov.au/booking/>.

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".

Mosquito alert

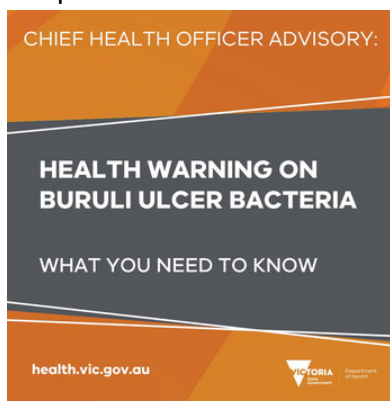
With the recent floods in many areas across Victoria, the risk of mosquito breeding is high. By following a few simple steps you can reduce your risk of being bitten and getting sick:



- Cover up - wear long, loose-fitting clothing. Mosquitoes can bite through tight clothing.
- Use mosquito repellents that contain picaridin or DEET on all exposed skin. Mosquito repellents are your best defence against mosquito bites.
- Use mosquito nets or insect screens at home.
- Use 'knockdown' fly spray, mosquito coils or plug-in repellent where you gather to sit or eat.
- Limit activity outdoors and move indoors if possible.
- Learn more about how to protect yourself and your family at www.betterhealth.vic.gov.au/campaigns/beat-the-bite.

Buruli ulcer health warning

- Buruli ulcer is a skin disease caused by bacteria, with growing evidence they are spread by mosquitoes and possums.



- Lesions typically present as a slowly enlarging painless lump or wound which can initially be mistaken for an insect bite.
- Early recognition and diagnosis are critical to prevent skin and tissue loss, so see a GP immediately if you have symptoms.
- Prevent Buruli ulcers by avoiding mosquito bites, reducing mosquito breeding sites around your home and covering cuts and abrasions when spending time outdoors.
- Cases have been reported in the inner Melbourne suburbs of Essendon, Moonee Ponds, Brunswick West, Pascoe Vale South and Strathmore locations suggesting these as emerging areas of local transmission.

- Learn more on Buruli Ulcer at <https://www.betterhealth.vic.gov.au/health/healthyliving/Buruli-ulcer>.

Community Engagement Noticeboard

Outfox mpox

- Monkeypox will now be known as mpox.
- Mpox continues to spread in many countries with the risk of local transmission linked to international travel.
- An increased supply of mpox vaccines is now available in Victoria, eligibility has expanded to allow more people to be vaccinated against mpox.
- The second dose of the mpox vaccine is also now available for those who received their first dose more than 28 days ago. For more information on mpox visit <https://www.wphu.org.au/mpx/>

There are range of monkeypox vaccination sites across metropolitan Melbourne:

cohealth West Melbourne	98 Abbotsford Street, West Melbourne	Walk-in only	Thursday - Friday	12pm -8pm
			Saturday - Sunday	10am-6pm
cohealth West Footscray	575A Barkly St, West Footscray	Walk-in only	Thursday	10am - 4pm
Glenroy Community Hub	50 Wheatsheaf Rd, Glenroy	Walk-in only	Tuesday	10am - 4pm
			Wednesday	10am - 4pm

We would like to hear from you !



Here's a chance for you to give us feedback on the content you receive through this noticeboard. Scan the QR code to the left to share your thoughts and feedback - it takes less than 2 minutes!!

Request to receive our Noticeboard!



Send us an email at WPHU@wh.org.au with the subject 'Subscribe to Community Engagement Noticeboard' if you would like to receive this Noticeboard.

Disability Liaison Service

Referral Pathway

