

Community Engagement Noticeboard

Stay ahead of COVID-19 with 6 simple steps



Get vaccinated

- Getting vaccinated remains the best way to protect yourself against serious COVID-19 illness.
- ATAGI recommends a 2023 COVID-19 vaccine booster dose for adults
 - If their last COVID-19 vaccine dose or confirmed infection (whichever is the most recent) was 6 months ago or longer
 - Regardless of the number of prior doses received
- Local pharmacies and GP clinics are continuing to offer free COVID-19 vaccinations. Find a location near you at [health.gov.au/resources/apps-and-tools/covid-19-vaccine-clinic-finder](https://www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-clinic-finder)
- Read more here: <https://www.health.gov.au/news/atagi-2023-booster-advice>



Let fresh air in

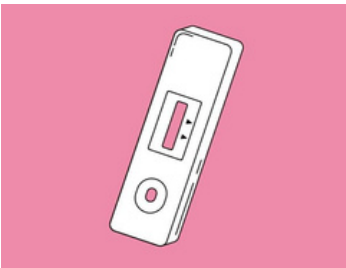
- Let fresh air in by opening windows as this reduces the risk of transmission.
- Use a fan or AC to circulate air in your home.
- Try to gather outdoors instead of indoors.
- Filter the air using a portable air cleaner.

For more information, visit: [coronavirus.vic.gov.au/ventilation](https://www.coronavirus.vic.gov.au/ventilation)



Wear a face mask

- Face masks help protect you from getting and spreading COVID-19.
- To protect you and your community wear a mask: on public transport, indoors, in crowded areas, outdoors where you can't socially distance and while visiting a vulnerable person, hospital or aged care facility.



Get tested if unwell

- Protect others by getting tested and staying home if you are unwell.
- All Victorians now can collect free rapid antigen tests from participating local councils to help with early detection and treatment of COVID-19.
- Everyone can pick up two free packets of RATs. You do not need a Medicare card.



Get medicines if at risk

- Talk to your GP before you are unwell to find out if you are eligible for COVID-19 treatment - antivirals can save your life if eligible and taken early.
- People at high-risk of becoming severely unwell are eligible for antiviral medication if they test positive for COVID-19.
- For more information, visit <https://www.coronavirus.vic.gov.au/find-out-if-you-are-eligible-covid-19-medicine>.



Manage COVID-19 at home

- Managing COVID-19 at home when you have milder symptoms is safe and appropriate, and ensures hospital beds are kept free for people who are seriously unwell and need urgent medical treatment.
- For more information, visit: [coronavirus.vic.gov.au/recovery](https://www.coronavirus.vic.gov.au/recovery).

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FREE Rapid Antigen Test Kits at Local Council Libraries



- Local libraries (below) are now making access to rapid antigen tests (RATs) free to all persons.
- Everyone can pick up two free packets of RATs. You do not need a Medicare card.
- If you run out of RATs, you are welcome to collect more to make sure you are prepared - you can collect as many as you need
- Free RATs are also available at selected community health organisations and private pathology centres.
- For more details, visit <https://www.coronavirus.vic.gov.au/get-a-covid-19-test>

Some Local Council Libraries where you can collect free RATs:

Site location	Contact no	Address
St Albans Library	9249 4650	71A Alfrieda Street, St Albans, VIC, Australia, 3021
Sunshine Library	9249 4640	301 Hampshire Road, Sunshine, VIC, Australia, 3020
Altona Library	03 9932 1000	123 Queen Stree tAltona, Victoria, 3018
Library at Newport Community Hub	1300 462 542	13 Mason Street Newport, Victoria, 3015.
Braybrook Library	9188 5850	107-109 Churchill Avenue, Braybrook 3019
Footscray Library	9688 0290	56 Paisley Street, Footscray 3011
City Library	03 9658 9500	253 Flinders Lane Melbourne VIC 3000
East melbourne library	03 9658 9600	122 George Street East Melbourne VIC 3002
Ascot Vale Library	(03) 9243 1990	165 Union Road Ascot Vale, 3032
Avondale Heights Library and Learning Centre	(03) 9243 1940	69 Military Road Avondale Heights, 3034
Melton Library and Learning Hub	9747 5300	31 McKenzie Street, Melton
Caroline Springs Library and Learning Hub	9747 5300	193 - 201 Caroline Springs Boulevard, Caroline Springs
Fawkner Library	Phone: 9355 4200	77 Jukes Road, Fawkner
Glenroy Library	8311 4100	50 Wheatsheaf Rd, Glenroy
Hoppers Crossing (Plaza) Library	(03) 8734 2600	Shop MM11, Level 1, Pacific Werribee Shopping Centre
Werribee Library	(03) 9742 7999	177 Watton street Werribee
Williams Landing Library Lounge	(03) 8754 4978	1/101 Overton Rd Williams Landing

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Protect yourself from mosquitoes this summer



- Recent flood events across Victoria have increased the number of mosquitoes (mozzies).
- Not only do mosquito bites sting but mosquitoes can carry diseases such as Japanese encephalitis that may be passed on to people and have the potential to cause severe illness.
- The most effective way to reduce your risk of mosquito-borne diseases is to avoid mosquito bites and remove mosquito breeding sites around your home.

- For tips on how to avoid mozzie bites, watch the short [video](#) above featuring Dr Finn Romanes, Director of the [Western Public Health Unit](#) (WPHU).
- For more info about mosquito-borne viruses, head to <https://www.wphu.org.au/dont-wing-it-protect-yourself-from-mosquitoes-this-summer/>.

Do-it-yourself cervical cancer tests

Cervical cancer is one of the most preventable cancers. Most cervical cancers occur in people who have never screened or do not screen regularly. Regular screening tests is the best way to protect yourself.



- The National Cervical Screening Program allows all eligible screeners - women and people with a cervix aged 25 to 74 to choose to have a Cervical Screening Test either by:
 - taking your own sample from your vagina, using a simple swab (self-collection)
 - having a healthcare provider collect your sample from the cervix using a speculum.
- Both options are free through Medicare.

Learn more about Self-collection for the Cervical Screening Test at: health.gov.au/campaigns/self-collection-for-the-cervical-screening-test. Also, learn about the human papillomavirus (HPV) vaccines that are critical to eliminating cervical cancer at <https://www.hpvvaccine.org.au/>

GenWest Sunrise - Melton Sunrise Social Group



- Join the Melton Sunrise Social Group to meet new people, learn new skills, connect to local services and most of all to have fun!
- The Sunrise Groups are social groups for women, gender diverse and non-binary people with disabilities from all cultures who live in the west.
- For more information, questions or to sign up, contact Beth or Fofi at GenWest on: [1800 436 937](tel:1800436937) or [0407 061 702](tel:0407061702) or email: sunrise@genwest.org.au.

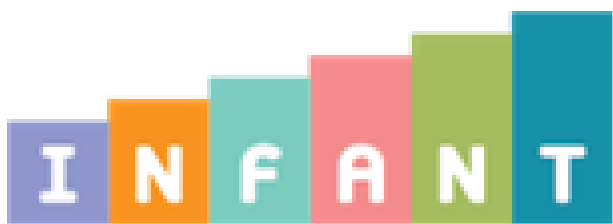
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The Water Well Project -Volunteer Induction!



- Are you a healthcare professional who wants to make a difference to the health of people from migrant, refugee, and asylum seeker backgrounds?
- Join the Water Well Project at their volunteer induction and hear about how you can help as a healthcare professional facilitator
- **Event details: Volunteer Induction: Tuesday 7 March, 6.30-8.30pm - Online via Zoom**
- Scan the QR code to learn more and register, or visit the website:
<https://www.thewaterwellproject.org/volunteering-with-us/>
- If you have any questions, please email
volunteer@thewaterwellproject.org

Free INFANT training in February and April 2023



- **INFANT** (Infant Feeding, Active play and Nutrition) is a world first, evidence-based approach to support new parents with feeding, nutrition and active play for their child's early years.
- INFANT involves four group sessions, delivered to parents when infants are 3, 6, 9 and 12 months.
- The INFANT course trains staff to implement these sessions with the latest evidence on healthy eating and active play in the early years.
- The training is FREE and is offered to Maternal and Child Health Nurses, Dietitians, Health Promotion Officers and Bi-cultural workers until June 2023.
- Training is online and is self-guided, interactive and takes 6-8 hours.

- Join the course to learn about the INFANT program content, facilitating the program and implementing INFANT in your community. The course provides participants with the latest evidence on healthy eating and active play in the early years of life.
- Register here: <https://www.infantprogram.org/facilitator-training/> The next available training dates are:
 - 13 February 2023 - 10 March 2023
 - 24 April - 19 May 2023
- For any enquiries, please do not hesitate to contact the Health Promotion Team at WPHU:
Ayesha Maharaj - ayasha.maharaj@wh.org.au