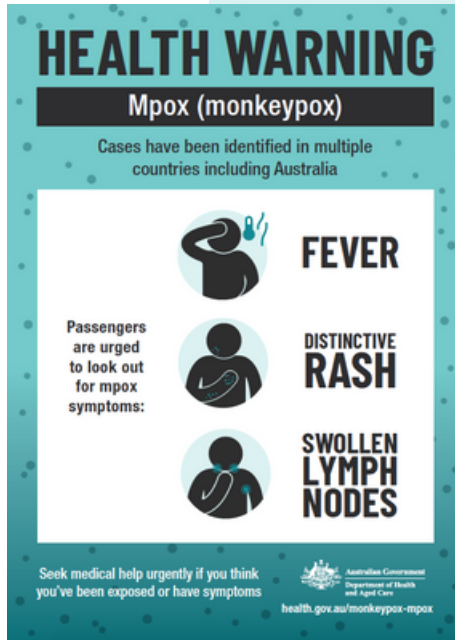


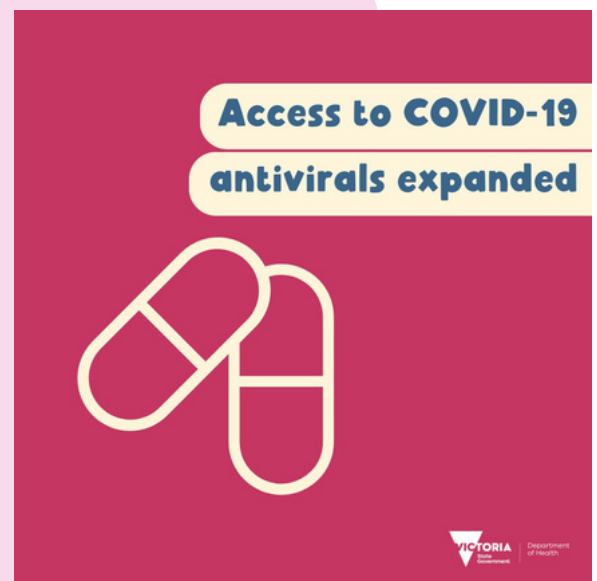
## Health Alert - Are you at risk of mpox?



- **Mpox (formerly known as monkeypox)** continues to spread in many countries, with a risk of transmission in Victoria after international travel. In late July, two locally acquired cases of mpox were reported in Victoria.
- **People with symptoms of mpox should get tested, particularly if you develop a rash.**
- **Get vaccinated if you are eligible to receive the mpox vaccine.** Eligible groups include sexually active men who have sex with men (MSM) and their sexual partners, sex workers and other groups identified by WPHU.
- Mpox vaccinations are available through some sexual health clinics, hospitals and GPs. While the vaccine is free, there may be a charge for the consultation at some clinics.
- To find out more information, including where mpox vaccinations are available, visit [www.wphu.org.au/mpx/](http://www.wphu.org.au/mpx/)
- You can also visit [betterhealth.vic.gov.au/mpox](http://betterhealth.vic.gov.au/mpox) for in-language facts on mpox and its symptoms

## Access to COVID-19 antivirals expanded

- The eligibility criteria for COVID-19 antivirals has been expanded to include **those aged 50-69 with one risk factor.**
- **COVID-19 antivirals help stop severe infection**
- Consult with your doctor before you feel unwell and plan how you will access testing and medicine if you develop symptoms. Antiviral treatments need to commence within 5 days of symptoms starting or testing positive for COVID-19.
- COVID-19 antivirals do not replace vaccination. **Getting vaccinated is the best way to protect yourself from COVID-19.**
- Most people can safely **recover at home** without antivirals or by using over-the-counter medicines to manage their symptoms.
- Visit [coronavirus.vic.gov.au/covid-19-medicines](http://coronavirus.vic.gov.au/covid-19-medicines) for more information.



## Understanding Long COVID-19 post COVID-19 infection



- Long COVID is different from COVID-19. It is the term used to describe the symptoms some people may have months after their COVID infection.
- Most people with COVID-19 start feeling better after a few days or weeks. However, for some people, the symptoms can last up to a year or longer.
- There is no single test to know for sure if you have long COVID. Make an appointment with your doctor to discuss your symptoms.
- Centre for Ethnicity and Health (CEH), in partnership with Victorian Department of Health, offers translated information about Long COVID in 19 languages, including English. To read about it in your language visit

[www.longcovidhelp.org.au/long-covid-the-facts](https://www.longcovidhelp.org.au/long-covid-the-facts)

## Avoid gastro with soap and water

- Gastroenteritis, also known as gastro, is a short-term illness triggered by the infection and inflammation of the digestive system.
- Gastro may cause symptoms like diarrhoea, stomach cramps, vomiting, nausea, fever and headache.
- Gastro causes dehydration, so it is important to drink plenty of fluids, including oral rehydration drinks, available from your pharmacist.
- **Did you know that hand sanitiser is not effective against gastro?** Hand washing using soap & water is the best defence. Lather up & wash your hands for at least 20 seconds to reduce your risk of spreading gastroenteritis.
- Visit the Better Health Channel for more tips: [betterhealth.vic.gov.au/health/conditionsandtreatments/gastroenteritis](https://betterhealth.vic.gov.au/health/conditionsandtreatments/gastroenteritis)

### TIPS TO PREVENT THE SPREAD OF GASTRO

Wash hands with soap and water:

- after using the toilet
- after changing a nappy
- after cleaning up vomit
- before eating
- before preparing food

Stay home (or keep children at home) until 48 hours after symptoms have stopped

BetterHealth Channel



## Women's Health Week 4-8 September

Come chat with your Local Public Health Unit on Women's Health

- This year's women's health week will feature new resources and information on hormones, polycystic ovary syndrome (PCOS), menopause, cervical screening self-collection, heart health, persistent pelvic pain and nutrition.
- **Western Public Health unit (WPHU)** will be present at the upcoming **Women of Brimbank Multicultural Show Case** at 19 Carrington Drive, Albion, 3020 on 9th of September.
- WPHU's **Sexual Health Clinical Nurse Consultant** will be in attendance to answer any questions about women's health!



## Sexual health clinic opens in Caroline Springs



- **Modern Medical GP Practice, Suite C3A, 1042 Western Hwy, Caroline Springs**, now provides routine screening and treatment for sexually transmitted infections, including gonorrhoea and syphilis, plus pre- and post-exposure medications for HIV (known as PrEP and PEP).
- **Opening hours are Monday to Friday between 8am and 6pm, and on weekends between 9am and 4pm.**
- Appointments aren't essential, but are preferred. **Call (03) 8358 0100 or book online at [qualitashealth.com.au/our-practices/modern-medical-caroline/](https://qualitashealth.com.au/our-practices/modern-medical-caroline/)**
- This clinic is part of the **Victorian Sexual Health Network**, a **group of GP clinics** that partner with Melbourne Sexual Health Centre to improve access to STI testing and treatment.

### We would like to hear from you !

This is your chance to give us feedback on the content you receive through this noticeboard. Scan the [QR code](#) to share your thoughts and feedback with us - it takes less than 2 minutes!

