



## Be COVID ready this winter

Project yourself from the ongoing risk of COVID this winter:

- Get your 2023 flu shot and COVID booster dose.
- Collect free rapid antigen tests from your local council.
- Check with your GP if you are eligible for COVID medicines.
- Let fresh air in by opening doors and windows.
- Wear a mask in crowded spaces, especially around vulnerable people.
- Stay at home if you have symptoms or test positive.

To locate your nearest GP or local pharmacy visit:

[health.gov.au/resources/apps-and-tools/covid-19-vaccine-clinic-finder](https://health.gov.au/resources/apps-and-tools/covid-19-vaccine-clinic-finder)

## Get your 2023 Influenza (Flu) vaccination

- The flu vaccine is now available at your GP or local pharmacy.
- The vaccine is safe and recommended for all people in Australia aged 6 months and older.
- 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.
- You can get your flu vaccine and your COVID-19 booster on the same day, one after the other.
- For more information, visit <https://www.health.gov.au/news/2023-national-immunisation-program-influenza-vaccination-early-advice-for-vaccination-providers>



## Easy vaccine Access

- Easy Vaccine Access (EVA) is a simple phone-back service to help you book a COVID-19 vaccine.
- EVA is available every day from 7 am to 10 pm (AEST). All you need to do is send an SMS with 'Hey EVA' to 0481 611 382.
- When you message EVA, you will receive a reply asking for your: name, preferred language, date and time and best number for a call back.
- For more information, visit

<https://www.health.gov.au/our-work/easy-vaccine-access>



## Get an Asthma Action Plan



- Cold air & winter illnesses can flare up asthma symptoms in children.
- Having an asthma action plan means you know how to prevent & manage symptoms & respond in an emergency.
- Review your asthma action plan with a GP every six months for children, or every year for adults.
- For more information visit [betterhealth.vic.gov.au/health/conditionandtreatments/asthma-action-plans](https://betterhealth.vic.gov.au/health/conditionandtreatments/asthma-action-plans)
- Join the [Improving Childhood Asthma Management - Inner West](#) program initiative for an interactive asthma education session.
- To sign up, head to [https://s.goshare.com.au/icam\\_clinical](https://s.goshare.com.au/icam_clinical)

## Get your HPV vaccine before your 26th Birthday!

- 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: [health.gov.au/topics/immunisation/vaccines/human-papillomavirus-hpv-immunisation-service](https://health.gov.au/topics/immunisation/vaccines/human-papillomavirus-hpv-immunisation-service)



## Order FREE KN95 masks

The Department of Health has been distributing complimentary (non clinical) KN95 masks to community organisations to assist in preventing the spread of COVID 19. Please note this service will cease shortly. **Final orders will be processed for KN95 masks on the 24 May 2023 unless the stock is depleted prior to this date.**



- The minimum order is one carton which consists of 12 boxes (1200 masks).
- You can also place an order for Rapid Antigen Test Kits along with an order for KN95 masks.
- Alternatively, directly email Western Public Health Unit at [wphu@wh.org.au](mailto:wphu@wh.org.au) to place an order.
- To order, email [healthservicestesting@health.vic.gov.au](mailto:healthservicestesting@health.vic.gov.au)

### 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!



## Join the Sunrise Social Group



- Sunrise Social Groups are groups for women, gender diverse people and non-binary folk, who have a disability, chronic health issues and/or mental health challenges.
- The groups support participants to:
  - Build friendships and a support network.
  - Get information about staying healthy and build their confidence.
  - Find out about local services and connect to their community.
- There are three groups that get together every fortnight at a disability accessible venue in Sunshine, Tarneit and Melton.
- Sunrise is completely free!

- Read more about Sunrise Social Groups and download the brochure at [www.genwest.org.au/news-and-events/sunrise-social-groups](http://www.genwest.org.au/news-and-events/sunrise-social-groups).

## Volunteer with The Water Well Project

- The Water Well Project is a not-for-profit organisation that strives to improve the health and wellbeing of individuals and communities from migrant, refugee or asylum seeker backgrounds through the provision of free, interactive health education sessions for community groups.
- As a volunteer, you will be encouraged to sign up to help facilitate sessions that are held across different locations in Victoria, Tasmania and New South Wales.
- If you are interested, sign up for the online induction session on **Tuesday 23 May 2023 from 6.30-8.30pm**.



- Link to register for the induction session <https://www.thewaterwellproject.org/volunteering-with-us>
- For more information, visit [www.thewaterwellproject.org](http://www.thewaterwellproject.org) or contact [projectadmin@thewaterwellproject.org](mailto:projectadmin@thewaterwellproject.org)

## Wyndham City Youth Services



# CAPACITY BUILDING AND NETWORKING FORUM

**Western Public Health Unit (WPHU) invites Community Leaders to attend a Capacity Building and Networking Forum on **Saturday 27 May 2023** from **9.30am-3.30pm.****

The forum aims to upskill community leaders in how to prepare high-quality grant applications that increase the likelihood of grant success followed by a Health Literacy and Mental Fitness workshop.

## Event Agenda



- **9.30am - Grant application and report writing workshop by Department of Health**
- **1pm - Health literacy workshop by Centre for Culture, Ethnicity and Health**
- **2pm - Mental health fitness workshop by Fairlie Morgan, Consulting Psychologist**

To register, scan the QR code or head to: <https://CapacityBuildingandNetworkingForum.eventbrite.com>

The forum is sponsored by the Department of Health and Western Public Health Unit.

## EVENT DETAILS

**SATURDAY 27 MAY 2023**  
**ARRIVE BY 9.15AM**  
**WORKSHOP COMMENCES 9:30AM**

**DRILL HALL, MULTICULTURAL  
HUB 26 THERY ST, MELBOURNE  
VIC 3000**

[ Morning tea, lunch and  
afternoon tea provided ]

