



Wednesday 07 December 2022

Health  
Updates

# Health updates to keep your mob safe.

## Information for Aboriginal and Torres Strait Islander communities on COVID-19 vaccines, and other health updates.

Welcome to the latest update for Aboriginal and Torres Strait Islander households, communities and organisations. In this edition, find out about staying COVIDsafe, read about vaccinating our children, the EveryBODY is deadly campaign and more!

### Latest news

- [Stay COVIDsafe!](#)
- COVID-19 vaccines and children
- [COVID-19 Oral Treatments](#)
- EveryBODY is deadly
- Eye tests are a deadly choice!
- Updated COVID-19 vaccine resources available





## Stay COVIDsafe!

During the upcoming holidays it is important that we stay COVIDSafe. As we start to enjoy our summer, we need to be aware the next wave of COVID-19 has arrived. Cases are again on the increase. We know that what can be a mild illness for some people can be life threatening for others.

We can all help protect each other by staying up to date with vaccinations, washing our hands well and often, and staying home if we are sick.

To help protect your health, you can also choose to wear a mask in public areas especially if it's crowded. Masks are especially good protection in indoor areas such as public transport, lifts and other high traffic areas.

Remember to keep up to date with your COVID-19 vaccinations, as that is the best way to protect yourself and the ones you love from getting very sick. Together, we can help slow the spread of COVID-19.

Watch a video with Dr Aleeta on the [Department of Health and Aged Care website](#) that encourages us all to do our part to help slow the spread of COVID-19.

Read more on the [Department of Health and Aged Care website](#).





## COVID-19 vaccines and children

It is recommended that all children aged 5 years and over be vaccinated against COVID-19 to protect them from getting very sick from the virus.

Some children aged 6 months to 4 years who are severely immunocompromised, have a disability, or have complex and/or multiple health conditions will be eligible for a COVID-19 vaccine.

ATAGI now recommends that a booster dose of the Paediatric Pfizer COVID-19 vaccine may be given to the following children aged 5 to 11 years who have completed a primary course of vaccination 3 or more months ago:

- those who are severely immunocompromised
- those who have a disability with significant or complex health needs, and
- those who have complex and/or multiple health conditions that increase the risk of severe COVID-19.

For more information about who can get vaccinated, and what vaccine they should get, look at the [When to get your COVID-19 vaccination](#) infographic or yarn with your local health care worker.

Visit the Department of Health and Aged Care and check out [How to speak to kids about vaccines](#).



## COVID-19 Oral Treatments

Life-saving oral antiviral treatments for COVID-19 are available to more people at risk of severe illness or death from the virus. You may be eligible for antiviral oral treatments if you test positive for COVID-19, and you are in one of the following population groups:

- 70 years or older
- an Aboriginal or Torres Strait Islander person, 30 years or older and with 1 risk factor<sup>^</sup>
- 18 years or older and moderately to severely immunocompromised.

<sup>^</sup> Risk factors include:

- living with a disability with multiple conditions and/or frailty
- obesity or diabetes
- chronic respiratory conditions, including moderate or severe asthma.

For a complete list of risk factors, and conditions which may make you immunocompromised, visit the [Department of Health and Aged Care website](#). These medications are not suitable for everyone. Yarn to your doctor to check your eligibility.

Read more on the [Department of Health and Aged Care website](#).







### EveryBODY is Deadly

Anybody can have eating or body concerns. Discrimination or exposure to traumatic life situations can increase a person's risk for this illness.

Our mob has experienced intergenerational trauma in ways that could weaken mind, body and spirit. Sometimes these experiences might lead to body image issues or eating disorders. Other issues including daily stress, racism and trauma that you may experience might affect how you see and treat your body. Please know it's not just about your body size and is different for everyone.

Talking it out with friends, family or on our free Helpline can help. The Butterfly Foundation's EveryBODY is Deadly team is available to listen in a confidential safe space, and our qualified counsellors have ongoing cultural competence training.

The EveryBODY is deadly team can be reached on the Butterfly National Helpline. It is free, confidential, open seven days a week, 8am-midnight AEST, and can be reached on **1800 33 4673**, via webchat or email **support@butterfly.org.au**.

For more information and to check out the videos, visit the [EveryBODY is deadly website](#) today.



### Eye tests are a deadly choice!

The Deadly Urban Eyes campaign encourages Aboriginal and Torres Strait Islander community members to have a yearly eye health check at their local Aboriginal Medical Service. **Ninety per cent** of Aboriginal and Torres Strait Islander people's vision loss is preventable or treatable. Help reduce the rate of eye disease in community and get your eyes checked today!

The Deadly Urban eyes program focuses on reducing rates of cataract, diabetic retinopathy, uncorrected refractive error, and trachoma in Aboriginal and Torres Strait Islander communities, and the program improves access to preventative eye health services.

If more people check in with optometrists on a regular basis, they can pick up and treat these diseases early and close the gap in health outcomes in communities.

Look out for your eye health – a yearly vision check with your health care worker is

all you need. Book an appointment, and remember, prevention is better than the cure!

So go on mob, #loveyoureyes and yarn with your local health care worker to book an eye check for you and the family!

Visit the [Institute for Urban Indigenous Health website](#) for more information.



### Updated COVID-19 vaccine resources available

Some resources on the Department of Health and Aged Care website have been updated to include new information about ATAGI recommendations relating to the Moderna COVID-19 vaccine for some children aged 6 months to 4 years, general vaccine information and COVIDsafe behaviours:

- [Vaccinations for kids 5 years and older are now available](#)
- [Keep your kids protected with a COVID-19 vaccination](#)
- [Book in your kids for their COVID-19 vaccination today](#)
- [Anyone can get COVID-19, even kids and young people](#)

Visit the *Department of Health and Aged Care website* for [all of our communications resources](#), including [resources for vaccine providers](#) working with Aboriginal and Torres Strait Islander people.



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