



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 COVID-19 boosters, the new Strong Born campaign, Hey EVA, and more!

Latest news

- [Recommendations from the Australian Technical Advisory Group on Immunisation \(ATAGI\) regarding COVID-19 boosters](#)
- [Have you used 'Hey EVA' – Easy Vaccine Access?](#)
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Recommendations from the Australian Technical Advisory Group on Immunisation (ATAGI) regarding COVID-19 boosters

All adults can now get a booster to help top up protection against severe illness from COVID-19, if it's been **6 months or longer** since their last COVID-19 booster or confirmed infection (whichever is most recent) and regardless of the number of prior doses received.

This is particularly recommended for people at higher risk of severe illness, including:

- everyone 65 years and over
- everyone 18 years and over with medical comorbidities, disability or complex health needs.

Children and adolescents aged 5 to 17 who are immunocompromised putting them at risk of severe illness can also get a booster dose if it's been **6 months or longer** since their last dose or COVID-19 infection.

Booster doses are not recommended at this time for children and adolescents aged 18 years or under who do not have any risk factors for severe COVID-19.

For more information about visit the [department's website](#).





Have you used 'Hey EVA' – Easy Vaccine Access?

EVA (Easy Vaccine Access) is a simple call back service to help you book a COVID-19 vaccine or booster.

If you need help making a booking, or you just want some advice about COVID-19 vaccines or treatments, text 'Hey EVA' to 0481 611 382.

You will be asked to provide:

- your name
- preferred date and time for your call back
- best number for a call back

An EVA trained operator from the National Coronavirus Helpline will call you back at your preferred time.

It's available every day from 7am to 10pm (AEST) and in 63 languages.

Visit the [department's website](#) for more information.





Healthy Deadly Lunchbox

Healthy Lunchbox Week may be over, but that doesn't mean the fun has to end!

What we eat and put into our bodies each day is really important for our health and wellbeing. Not to mention, eating healthy makes us more productive, boosts our immunity, and can help to decrease the risks of developing many health problems.

Dhauwurd-Wurrung Elderly & Community Health Service Inc. celebrated Healthy Deadly Lunchbox Week. They organised a healthy lunchbox session, cooking class, and a little competition between staff to see who could pack the most nutritious lunch.

Find out more about it [here](#), including some tips on how to pack lunch like a pro to keep you strong, healthy and deadly!





Safe sex and our sexual health

When it comes to sex, practising safe sex is everyone's responsibility. Reduce the risk of infection by using condoms and getting regular sexual health checks.

The rates of sexually transmissible infections (STIs) and blood-borne viruses (BBVs) are high in Aboriginal and Torres Strait Islander communities. And this is especially true for young people in remote areas.

But there are ways we can try and get these rates down. [Click here](#) to find out more about how we can protect ourselves and our mob and stay healthy!





Strong Born

Strong Born campaign is designed to raise awareness of Fetal Alcohol Spectrum Disorder (FASD), in rural and remote communities. The campaign addresses the harms of drinking alcohol while pregnant and breastfeeding.

Strong Born supports people with FASD, their families and carers to understand what FASD is and the services available.

NACCHO and the National FASD Campaign Working Group collaborated to develop the campaign. The Working Group included:

- multi-disciplinary staff from ACCHOs and ACCOs,
- cultural and clinical FASD experts and researchers.

Strong Born forms part of the National Information Campaign for Pregnant and Breastfeeding Women supported by the Foundation of Alcohol Research and Education (FARE) and the Department of Health and Aged Care.

Find out more on the department's [website](#).



Updated resources available

Some information resources have been updated to include new information on ATAGI's latest recommendations about COVID-19 boosters in 2023. These recommendations replace previous ATAGI COVID-19 vaccine booster advice:

- [Keeping up to date with your COVID-19 vaccines after testing positive](#) – a poster explaining how you should keep up to date with your COVID-19 vaccinations after testing positive for COVID-19.
- [Booster doses](#) – a fact sheet explaining why it is important to stay up to date with your COVID-19 vaccinations, and who is eligible to receive booster doses.
- [Common questions](#) – a fact sheet containing common questions and answers about the COVID-19 vaccines.
- [Information to assist healthcare workers talk about COVID-19 vaccines](#) - Two fact sheets designed to support healthcare workers, providing some talking points on key questions and concerns about COVID-19 vaccines, as well as links to where you can find more information.
- [Vaccines recommended for some children aged 6 months to under 5 years](#) - Two fact sheets, produced for parents/guardians and healthcare workers, providing information about which children aged 6 months to under 5 years are eligible for the COVID-19 vaccine.
- [COVID-19 vaccines approved for children aged 5 to 11 years](#) – a fact sheet, explaining that the COVID-19 vaccine is now available to kids aged 5 to 11 years.

Visit the department's website for [all of our communication resources](#), including [resources for vaccine providers](#) working with Aboriginal and Torres Strait Islander people.



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