

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 how you can top up your immunity this Winter, healthy heart awareness, protecting yourself from HPV, and more!

Latest news

- Top up your immunity this Winter
- [Give Flu the boot](#)
- [Healthy heart awareness](#)
- Protect yourself from HPV
- National Reconciliation Week 2023
- Updated resources available





**Top up with your free
COVID-19 booster**

Top up your immunity this Winter

You can top up your COVID-19 protection with a booster if you're 18+ and it's been 6 months since your last dose or infection. The [COVID-19 vaccine](#) does not protect against the [flu](#), so you should still have your free annual flu shot.

Receiving your COVID-19 and influenza vaccines is safe and produces a good immune response.

Talk to your health care worker for more information and visit the [Department's website](#) to find and book an appointment.



LET'S KEEP OUR MOB SAFE FROM FLU

Give flu the boot

The flu gets passed around really easily and is dangerous for everyone in our communities.

Free flu vaccinations are available for all Aboriginal and Torres Strait Islander people aged 6 months and over.

Talk to your health worker about getting vaccinated today and let's give flu the boot. For more information about the flu visit the [Department's website](#).



HE♥**RT**
WEEK
1-7 May 2023

Healthy heart awareness

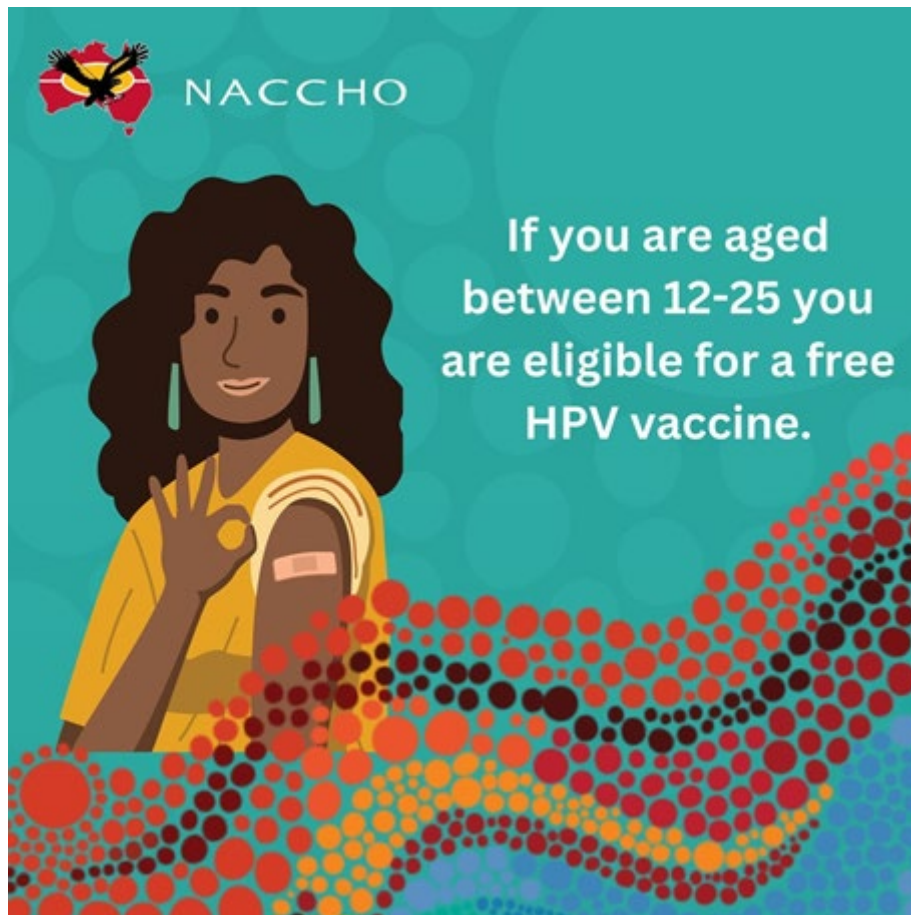
Heart Week is Australia's national heart health awareness week held in the first week of May each year.

Act now. Take three simple steps to keep your heart healthy:

1. Measure your blood pressure

2. Calculate your heart age
3. Book a Heart Health Check

Visit the [Department's website](#) for more information on keeping your heart healthy.



Protect yourself from HPV

HPV (also called human papillomavirus) is a viral infection that is sexually transmitted. It can cause cancers and genital warts.

Vaccination is a safe and effective way to protect you from HPV and is provided free for those aged 12-13 through school programs. However, if you missed out and you are under 26, you can still get a free catch-up vaccine.

[Watch the video that explains the benefits of receiving the HPV vaccine.](#)

For more information visit the [Department's website](#) or yarn to your health worker.



National Reconciliation Week 2023

The theme for National Reconciliation Week 2023, **Be a Voice for Generations**, encourages all Australians to be a voice for reconciliation in tangible ways in our everyday lives – where we live, work and socialise.

For the work of generations past, and the benefit of generations future, let's choose to create a more just, equitable and reconciled country for all.

For more information visit the [Reconciliation Australia website](https://www.reconciliation.org.au) today!



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:

- [Oral treatments for COVID-19 and eligibility](#) – *Factsheet with information on COVID-19 oral treatments*
- [Keep up to date with your COVID-19 vaccine doses](#) – *Poster explaining who is eligible for booster doses of the COVID-19 vaccine*
- [General COVID-19 vaccine information](#) – *Social tiles and suggested captions that you could use across your social media platforms*
- [Booster doses](#) – *Social tiles and suggested captions that you could use across your social media platforms*
- [Top up your COVID-19 protection \(15 second ad\) \(30 second ad\)](#) – *Campaign advertisements about about topping up your COVID-19 protection with a free booster.*

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



Australian Government
**Department of Health
and Aged Care**