



August 2023

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Health updates for Aboriginal and Torres Strait Islander communities

In this edition, find out all about:

- World Breastfeeding Week
- 'Yarning About' resources series
- Hearing Health
- Helping eliminate hepatitis in Australia
- New childhood immunisation videos featuring child health nurses



World Breastfeeding Week

World Breastfeeding Week is held in the first week of August each year and is dedicated to supporting mums and bubs on their breastfeeding journey.

We know not drinking alcohol during pregnancy and when breastfeeding is the healthiest approach for mum and baby, but it can be tough.

Remember, you're not alone. If you need support, have a yarn with your local ACCHO.

Download and share NACCHO's [Strong Born resources](#) and [watch this video](#) to learn more.



Need some simple resources about puberty, pregnancy, and parenting?

Look no further! The [‘Yarning About’ resources series](#) was made to help Aboriginal and Torres Strait Islander people learn more about reproductive and sexual health.

Follow Aunty Lee, Uncle Peter, Charles, Keewa and Janayah as they share their concerns and knowledge about puberty, safe sex, contraception, parenting, and more.



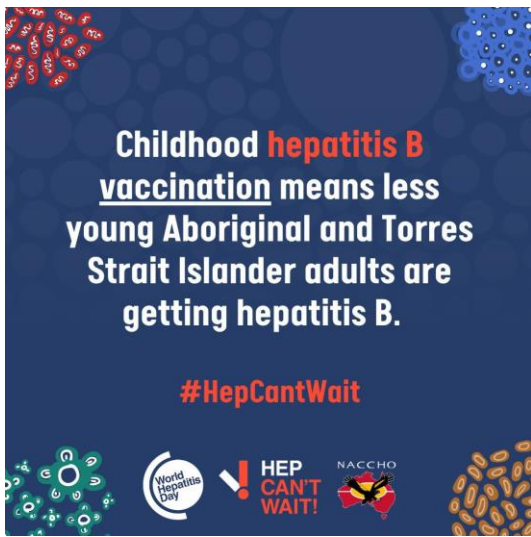
Healthy hearing keeps you connected

Do you ever miss out on everyday sounds? Do family and friends complain you turn the TV up too loud?

Hearing loss is more common as we get older and can make it hard for us to hear what’s going on around us. Hearing loss can also happen if we’re exposed to loud noise at work, or a sudden and intense loud sound.

But you don’t have to miss out – getting regular check-ups can protect your hearing and help is available for hearing loss.

Check if you’re eligible for a [free hearing test](#) and book a check-up today!



Help eliminate hepatitis in Australia

Australia has a goal to **eliminate hepatitis B and hepatitis C by 2030**.

Hepatitis affects our liver and can lead to serious illness if it goes untreated. It's spread from mums to bubs and through sex without condoms. It can also be spread through infected blood – for example if you share needles or get a home job tattoo or piercing.

Many people have no idea they are living with **hepatitis B** or **hepatitis C** and may feel completely healthy. Getting a health check-up is the best way to know for sure.

Book in with your local health centre today and get tested.

Childhood immunisation – answering the common questions

Getting your child vaccinated on time is simple, safe and effective. It can protect them, Elders and the community from serious and preventable disease. We asked 4 child health nurses from Qld, WA and NSW to share the most common questions they hear from Aboriginal and Torres Strait Islander communities. Check out what they had to say below.

Encourage yarns with this [new poster](#), [height chart](#) and [kit](#) for health professionals and clinics.

Download the full collection of resources for Aboriginal and Torres Strait Islanders at health.gov.au



Tisha Waigana, a child health nurse from Kwinana, WA



Florianna Bero, a child health nurse from Thursday Island, Queensland



Kristy-Lee Wickey, a child health nurse from Wagga Wagga, NSW

Irene Nicholls, a child health nurse from Mackay, Queensland

What to do next?

Share this email with your networks and community! We appreciate your support with sharing this important health information.



Updated resources available

- [Childhood immunisation](#)
- [Oral treatments for COVID-19](#)

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**

