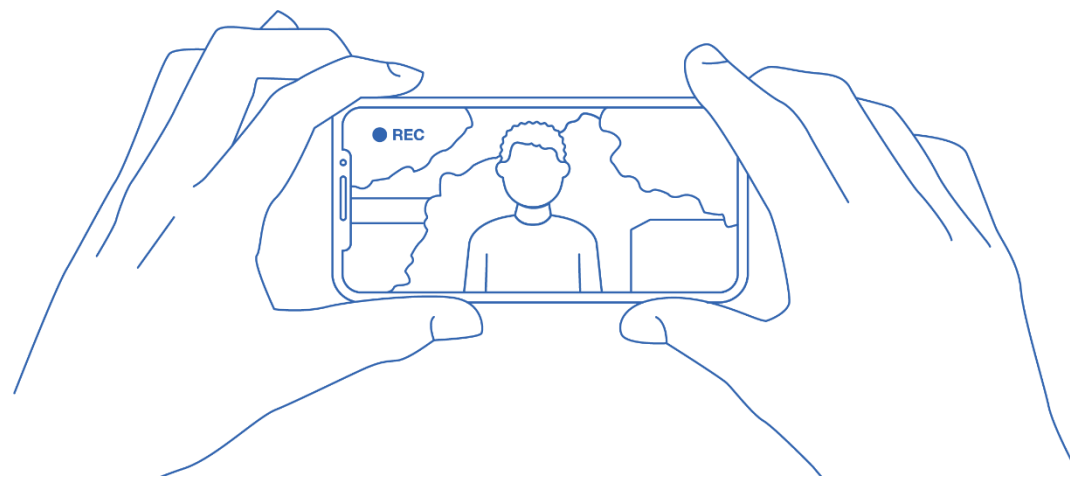


BE COVIDSAFE

HOW TO MAKE YOUR OWN VIDEO



17 June 2021

COVID-19
VACCINATION



Australian Government



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INTRODUCTION

Aboriginal Community Controlled Health Organisations (ACCHO) are an important part to the vaccine rollout. As trusted sources of information, we encourage you to create your own resources and videos to communicate with your communities, alongside utilising the department's resources.

We (the Department of Health) have prepared key talking points and a guide for filming your video to share with your community. Simply grab your mobile phone or camera, follow these tips to set up your video, film yourself as you explain the key points and share the video on your channels. You may like to do a short video or a long one. You can include some of the key points or more depending on your intention and your audience. You may like to consider doing a short series of videos.

Communication channels could include social media, email, WhatsApp and community groups. Video is a great tool for communicating information, and your video will play an important role in getting COVID-19 information out to your community.

TALKING POINTS FOR YOUR VIDEO

Vaccine

- The COVID-19 vaccines are our best protection from COVID-19 and will help protect our community from getting very sick from the virus.
- The vaccine is free for everyone in Australia.
- COVID-19 vaccines are available to all Aboriginal and Torres Strait Islander people 16 years and over.
- Australia's independent medicines regulator, the Therapeutic Goods Administration (TGA), has strict standards for making sure all COVID-19 vaccines are safe and effective.
- The vaccine will be given to the people who need the most protection first.

TALKING POINTS FOR YOUR VIDEO

How and where you can get your vaccine

- The COVID-19 vaccines rollout continues across Australia.
- Millions of people around Australia, including more than 62,000 Aboriginal and Torres Strait Islanders, have already received their first dose of the vaccine. (See up to date figures on the department's website: health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-vaccinated-for-covid-19#australias-vaccine-rollout)
- You can get your vaccine at Aboriginal Community Controlled Health Services (ACCHSs), some GP clinics, or at government vaccination clinics.

TALKING POINTS FOR YOUR VIDEO

How and where you can get your vaccine

- Find out where you can make an appointment by talking to your local healthcare worker, or you can book through the Eligibility Checker ([covid-vaccine.healthdirect.gov.au/eligibility](https://www.healthdirect.gov.au/covid-vaccine/eligibility)).
- *If your state or local area has specific booking instructions or eligibility requirements, you can include those here.*
- Remember, to be fully vaccinated against COVID-19, you need to get two doses of the same vaccine, a few weeks apart. The person doing your vaccination will be able to tell you when you should book your second appointment. You can have your second dose somewhere else if you are not in the same location anymore.

TALKING POINTS FOR YOUR VIDEO

Side effects of COVID-19 vaccines

- After you have your vaccination, it is normal to feel some side effects.
- Most side effects are not serious, and go away on their own in a couple of days.
- These common side effects could include a sore arm where the needle went in, feeling tired, a fever or chills.
- You may feel sick in your stomach and not sleep well for a couple of days.
- Serious side effects don't happen to most people, but it's important to know what to look out for.
- These might be having trouble breathing, feeling a very fast heartbeat, or falling down or fainting.

TALKING POINTS FOR YOUR VIDEO

Side effects of COVID-19 vaccines (continued)

- Other very rare serious side effects include getting a very bad headache that lasts for a long time, vomiting, having blurry vision, or seeing small red spots under your skin.
- People under 60 years potentially have a higher risk of developing a very rare syndrome after their AstraZeneca vaccination that involves a type of blood clot (thrombosis with thrombocytopenia – *you don't need to say the medical term but can if you wish*).
- If you have one of these serious side effects or if your side effects start more than 4 days after you vaccination, you should contact your doctor straight away.

TALKING POINTS FOR YOUR VIDEO

Were vaccines developed too quickly to be safe?

Safe and effective COVID-19 vaccines have been able to be developed faster than any other vaccine for several reasons:

- a level of funding not seen before;
- the availability of new technology; and
- researchers and developers around the world working together.
- Some steps of the clinical trials and approval processes were done at the same time, instead of one after the other.

TALKING POINTS FOR YOUR VIDEO

Were vaccines developed too quickly to be safe?

As soon as the preliminary data was available the trials were able to progress. This has given us access to the vaccines as quickly as possible.

- Even though the vaccines were developed and approved very quickly around the world, the Therapeutic Goods Administration (TGA) still carefully studied all of the available results and data from the clinical trials.
- The TGA provided approval, only after assessing this data to make sure that the vaccines were safe and met Australian standards.

TALKING POINTS FOR YOUR VIDEO

More information

- With so much going on, it is normal to have questions or worries about getting vaccinated. Have a yarn with your health care worker about why it is important to get a COVID-19 vaccine and other questions you may have.
- There is a lot of wrong information going around our community about the COVID-19 vaccines. Make sure you get your information from trusted sources, or visit health.gov.au/covid19-vaccines.

TALKING POINTS FOR YOUR VIDEO

Stay COVIDSafe

To keep you and your community safe, you should continue to:

- Keep two big steps away from other people.
- Stay home if you feel unwell and get tested for COVID-19.
- Wash your hands regularly or use hand sanitiser.
- Always cough or sneeze into your arm or a tissue.

TIPS FOR FILMING YOUR VIDEO

Audio

Having clear, quality audio is an important aspect of making a video recording. To help you achieve good quality audio, remember the following:

- Record in a space with low echo. Empty rooms create a lot of echo. You can reduce it by filling the room with items that absorb sound, such as pillows and furniture.
- Ensure there is no background noise in the room. This could be colleagues in the next room, or construction noises nearby. The quieter the environment, the better the audio quality will be for the video.
- Your mobile phone microphone is suitable to achieve great video audio. You can use an external microphone if you wish; however, it is not necessary.

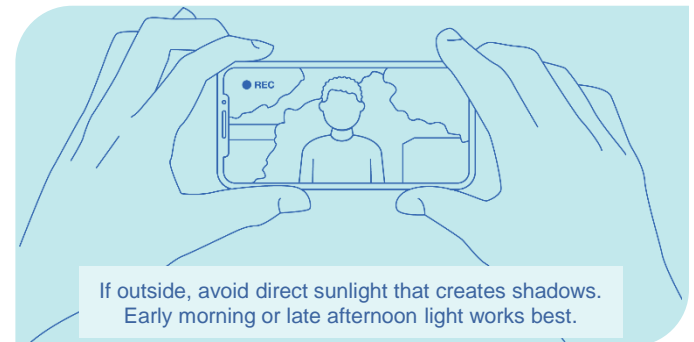


TIPS FOR FILMING YOUR VIDEO

Lighting

Good lighting will help to make your video better. Mobile phone cameras automatically adjust to the amount of available light in a filming zone. Dark spaces will force the camera to film poor quality footage. Here are some tips to film your video with good lighting:

- Record in a well-lit space. This could be a space with plenty of windows, or an office with bright lighting.
- If filming outside, position yourself so the sun shines evenly across your face. Natural light on your face will ensure you appear clear on camera without shadows. The best times for filming outside are mornings and late afternoons.
- Avoid harsh lighting on one side of your face; this will cast a shadow on the other side which won't look good. Try putting a thin cloth over the light source to soften it. Otherwise try to film in another spot.



TIPS FOR FILMING YOUR VIDEO

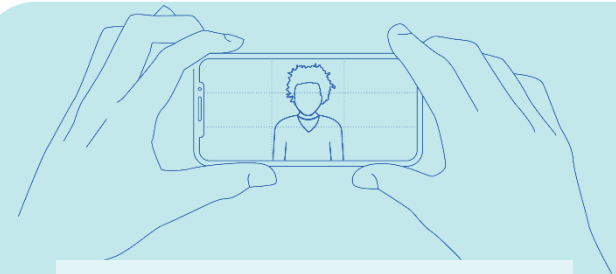
Location and composition

Here are some tips for choosing the location and composition for your video:

- Be aware of your surroundings. Avoid showing private documents or information in the frame.
- Record in a space that suits your intended tone, i.e. formal – office, relaxed – lounge room.
- Consider having personal objects, such as art, photos or pot plants in the background of the video. These objects can make the video more personal and help the audience connect with you and your message.
- Record the video in landscape. You may want to consider turning on gridlines on your phone. This will help to centre yourself. Position your eye line along the centre of the top horizontal grid line.
- Ask a family member or a friend to help you film if required.

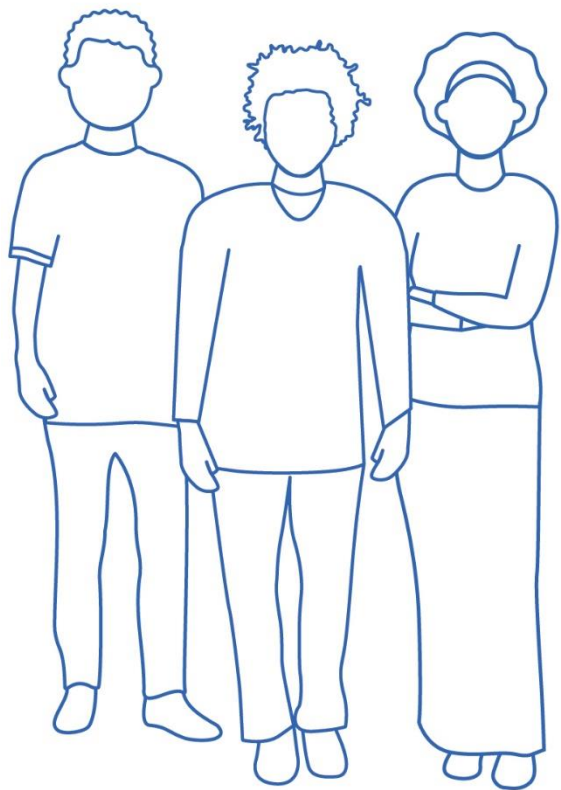


Record in landscape in a space that suits you and be thoughtful about which items appear in the background.



Turn on gridlines on your phone and consider asking a family member or friend to help film.

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If you have any questions, please reach out to the Department of Health at covidvaccinecomms@health.gov.au



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