



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, read about the importance of **staying COVIDsafe** when travelling interstate for Christmas, **the 2021 National NAIDOC awards**, **TGA's approval for Pfizer for 5-11 year olds**, and more!

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It's beginning to look a lot like Christmas...

With holidays just around the corner, a lot of us will be travelling and visiting family and friends.

While enjoying the holiday season, it is important you continue to stay COVIDSafe. Don't forget to:

- Check in when entering a venue
- Keep your hands clean
- Stay 2 big steps away from people whenever you can
- Consider having your catchups in outdoor areas with lots of air flow
- **Feeling unwell? Get tested if you have COVID-19 symptoms, even if they are mild.**

Get a COVID-19 test!

If you have any symptoms of COVID-19 – like a fever, headache, sore throat, or runny nose, go get tested straight away. Then stay home until you get your result.

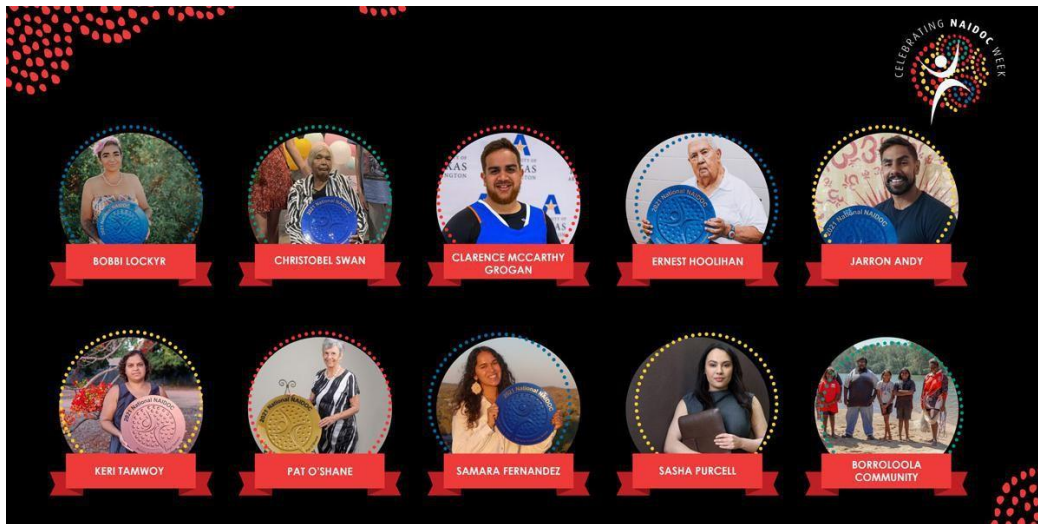
Protect yourself and your family

The best way you can protect yourself and your family against COVID-19 is to get vaccinated. This will help protect you from getting very sick from the virus. It can also decrease the chance you will spread it to the people around you.

If you haven't had your COVID-19 vaccine yet, and you're still not sure whether you will, speak to your family and friends and ask them why they had their vaccine.

Don't wait for 2022, or for COVID-19 to come to your community – [get vaccinated today!](#)





2021 National NAIDOC Awards

The National NAIDOC Awards are an opportunity to recognise outstanding achievements by Aboriginal and Torres Strait Islander people at the community, national and international level .

The following people have been recognised for their achievements in the 2021 National NAIDOC Awards.

The Lifetime Achievement Award went to **Pat O’Shane AM**, a proud Kuku Yalanji woman from Mossman, Queensland. Pat has been voted as one of Australia’s living treasures by the National Trust, and is described as ‘an inspirational leader, inspirational woman and a hero to us all.’

The Person of the Year Award went to **Keri Tamwoy** of the Putch People, Wik Mungkan in the community of Aurukun, located in the remote western Cape York Peninsula. Keri co-founded the Wik Women’s Group which champions education and safety for women and children. She also played a leading role in the design of strategies to combat youth sexual violence in Cape York.

Other winners include:

- Christobel Swan, Female Elder of the Year
- Ernest Hoolihan, Male Elder of the Year
- Gadian Hoosan on behalf of the Borroloola Community, Caring for Country Award
- Samara Fernandez-Brown, Youth of the Year
- Bobbi Lockyer, Artist of the Year
- Sasha Purcell, Scholar of the Year
- Jarron Andy, Apprentice of the Year
- Clarence ‘CJ’ McCarthy-Grogan, Sportsperson of the Year

[Learn more about the 2021 winners](#) on the NAIDOC website.





What is Omicron?

In late November 2021, a new variant of the COVID-19 virus was detected in South Africa. This variant is known as the Omicron variant. So far, people who have caught this variant of COVID are showing only mild symptoms. Experts around the world are looking at how this variant impacts people.

[Read more about the Omicron variant](#) on our website or [watch this video](#) with Dr Lucas De Toca explaining if the current vaccines protect against the new variant

It's still just as important to receive your COVID-19 vaccine now to protect yourself, your family and your community from getting seriously ill or ending up in hospital.

Visit your local healthcare worker to get yourself vaccinated against COVID-19. You can also use [Vaccine Clinic Finder](#) to find your closest clinic.



Get ready to vaccinate your young ones

After thorough testing, the Therapeutic Goods Administration (TGA) provisionally approved the Comirnaty Pediatric (Pfizer) vaccine for children aged 5-11 years. ATAGI has subsequently provided recommendations and approved the use of this vaccine for children.

Children aged 5-11 years will receive a smaller dose than people aged 12 years and over. Two doses of Pfizer vaccine will be needed, eight weeks apart.

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



The Mary G Show with David Pigram

Mary G, the undisputed Black Queen of the Kimberley, is asking the hard questions about COVID-19 vaccines.

For five weeks, Mary G is interviewing key Aboriginal and Torres Strait Islander people on her radio show, asking them about COVID-19 vaccines.

[Listen to the interview](#) featuring David Pigram, member of 'The Pigram Brothers' and Kimberley Regional Aboriginal Health Consultant. David answers questions about the dangers of COVID-19 coming to Western Australia, how to best encourage everyone to get the COVID-19 vaccine, and more.



Australian Government
Department of Health



