



Friday 20 May 2022

Health
Updates

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 change in the dose interval, meet Pastor George, check out the new booster and winter booster dose fact sheet, and more!

Latest news

- [Pastor George Mann reminds us to be careful where we get our COVID-19 advice](#)
- Don't forget your flu vaccine this year!
- The change in the dose interval
- [Mary G interviews Mayor Elvie Sandow](#)
- Updated COVID-19 resources available





Pastor George Mann reminds us to be careful where we get our COVID-19 advice

Pastor George Mann runs the Full Gospel Family Fellowship Christian church in Bourke, NSW. In this video, Pastor George explains why he received his COVID-19 vaccine and reminds us to be careful about where we get our COVID-19 advice and information from.

“I got vaccinated against COVID-19 because it was the wisest thing for me to do. For my own protection. And to protect others”, says Pastor George.

Yarn to your local healthcare worker about any worries you may have about the COVID-19 vaccine.

Watch Pastor George’s video on the [Department of Health website](#).





Don't forget your flu vaccine this year!

Getting the flu can cause serious problems for lots of people. Did you know that Aboriginal and Torres Strait Islander people have a greater risk of getting a severe flu and its complications?

Even if you are healthy, if you get a severe flu, you could suffer lasting health complications including pneumonia, heart system, blood system and liver problems.

The flu shot is recommended each year and is free for all Aboriginal and Torres Strait Islander people aged 6 months and over.

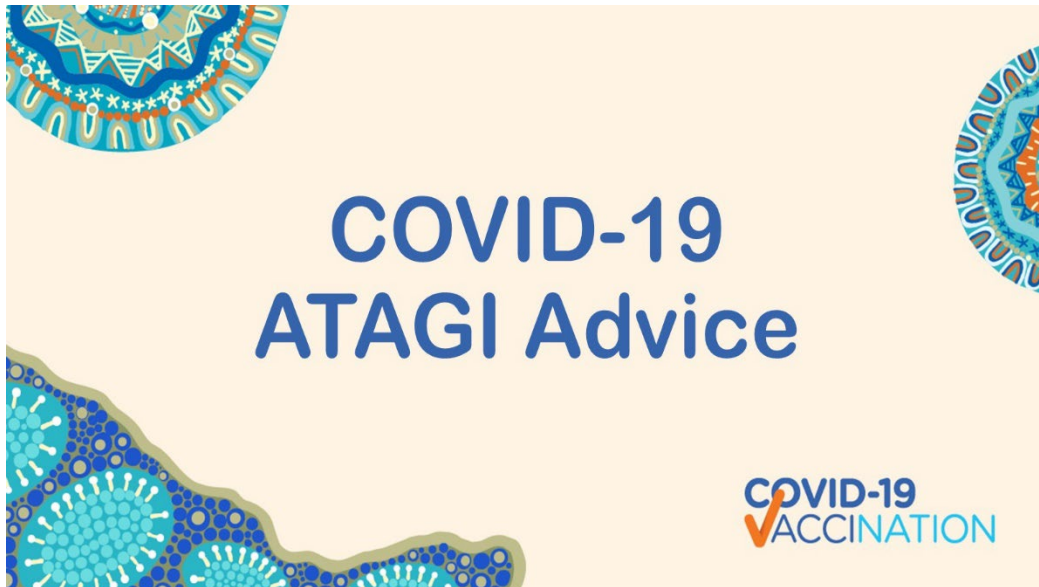
Watch this video of Professor Tom Calma sharing his advice on the flu shot on the [Department of Health website](#).

How to protect you and your community from the flu:

- Get a flu shot
- Stay at home if you feel sick
- Sneez into your elbow instead of your hands
- Clean your hands with soap and water or hand sanitiser (rub)

Yarn to your local healthcare worker today about getting your flu shot. For more information visit the [Department of Health website](#).





The change in the dose interval

To improve your immunity against COVID-19, the latest advice from the Australian Technical Advisory Group on Immunisation (ATAGI) recommends the dose interval between doses 1 and 2 of the COVID-19 vaccines Comirnaty (Pfizer) and Spikevax (Moderna) be extended to 8 weeks.

If you have had COVID-19, you should wait **3 months** before you receive the next dose of the COVID-19 vaccine.

Read ATAGI's statement on the [Department of Health website](#).



Mary G interviews Mayor Elvie Sandow

Elvie Sandow is the Mayor of Cherbourg Shire Council in Queensland. Elvie is the first female elected as Mayor by the community and dedicates her strength to the women in her family.

This week, Mary G talked with Elvie about the community response to recent COVID-19 outbreaks, and how vaccination rates have helped.

MARY G: And what was the take up rate of COVID-19 vaccination last year? And were people supportive?

ELVIE SANDOW: Oh, not at first, you know, we still got some anti vax people in our community. But a majority of people started to come around. Because of, you know, I think the education that we got out there, and, you know, we got the doctor to come and actually talk to 'em one on one and explain things and answer their questions. You know, because a lot of our mob have chronic illnesses, and, you know, they just didn't want another illness added added to their sickness, you know?

MARY G: Yeah. And what are the current vaccination rates now be?

ELVIE SANDOW: Oh well, our rates are very high? Our vaccine rates it's up high, which is really good.

Listen to the full interview or check out the rest of Mary G's interviews on the [Department of Health website](#).





New COVID-19 vaccine resources available

Living with COVID-19 is something everyone in Australia is learning to do. It's important to remember to look after yourself and your social and emotional wellbeing, as well as your physical health. This [information pack](#) includes resources on how we might do this, including information on testing for COVID-19, what to do if you test positive for COVID-19, and how to practise COVIDSafe behaviours.

Some of our resources have been updated to include new information about COVID-19 vaccine dose intervals, booster doses and winter preparedness. These resources include:

- [COVID-19 booster and winter doses](#) - a fact sheet on booster and winter booster doses
- [Common questions](#) – a fact sheet with updated common questions regarding COVID-19 and vaccines

For further information, visit the Department of Health website for [all of our communications resources](#), including [resources for vaccine providers](#) working with Aboriginal and Torres Strait Islander people.



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