



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 about the benefits of COVID-19 oral treatments, read about vaccinating our children, the 715 health check and more!

Latest news

- [Dr Aleeta explains the benefits of COVID-19 oral treatments](#)
- COVID Warrior Aunty June
- Vaccinating our children
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Dr Aleeta explains the benefits of COVID-19 oral treatments

Oral treatments are available for people who catch COVID-19 and are most at risk of severe illness from the virus. You can take them in your own home and they can help reduce your symptoms.

You may be eligible for oral treatments if you test positive for COVID-19, and are:

- 70 years or older, with or without symptoms
- 50 years or older with 2 of the key risk factors, or
- Aboriginal or Torres Strait Islander, 30 years or older and with 2 key risk factors.

[Watch a video of Dr Aleeta Fejo](#) explaining the benefits of COVID-19 oral treatments on the Department of Health and Aged Care website.

You can also find more information about eligible risk factors on the [Department of Health and Aged Care](#) website.





COVID Warrior Auntie June

The [First Peoples Disability Network's COVID Warrior program](#) is helping support Aboriginal and Torres Strait Islander people through the COVID-19 pandemic. It provides culturally appropriate resources featuring COVID Warrior Auntie June, including videos, social tiles, posters, and general information.

On the COVID Warrior [website](#), Auntie June walks us through:

- COVID-19 rules and restrictions
- vaccine and booster information and how to make bookings
- COVID-19 tests and how to use them
- what to do if you have COVID-19
- support with side effects or worries.

You can also contact one of the FPDN COVID Warrior advocates for extra support or ask a question in the COVID Warrior Forum.

And as Auntie June says: "There is a lot of COVID spreading around right now. Face masks can help to protect you from COVID but you gotta wear them proper over your nose and mouth! Don't forget to keep your distance and wash them hands".





Vaccinating our children

COVID-19 virus, influenza (or flu) and other sicknesses have impacted the health and wellbeing of mob across Australia.

Because of this, it's important that we make sure we are protecting our family, friends and our children from the risk of getting really sick with COVID-19 and ending up in hospital by staying up to date with all our vaccinations.

Watch a video of Dr Annapurna from the Aboriginal Health Council of South Australia (AHCSA) as she sits down with Gordy Rigney, an Aboriginal healthcare worker from Moorundi, to yarn about the COVID-19 vaccination for children. They yarn about the development of the vaccines, safety for pregnant women and other topics.

For more information visit the [Moorundi website](#) and check out the videos with Dr Annapurna, answering questions that many of us have about COVID-19.

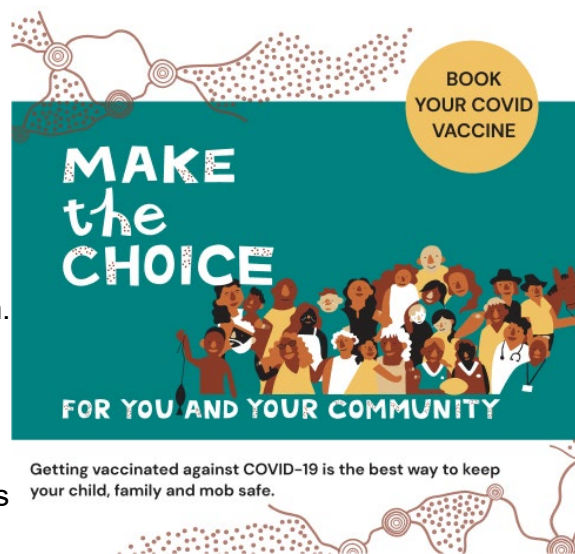
Visit the Department of Health and Aged Care and check out [How to speak to kids about vaccines](#).



Make the choice

The Make the Choice communications campaign is all about helping close the gap on vaccination rates between Aboriginal and Torres Strait Islander people and non-Indigenous people. The campaign is a collaboration of the Queensland Aboriginal and Islander Health Council, Queensland Health and the Institute for Urban Indigenous Health.

Make the Choice has launched a new website filled with helpful and easy to understand information about vaccinations and the vaccination process to help inform and encourage better choices about getting vaccinated against COVID-19.



For more information and to check out the resources, visit the [Make the choice website](#) today.



Yarn for Life

Cancer Australia's Yarn for Life is the first national cancer awareness campaign developed for and by Aboriginal and Torres Strait Islander people.

This is important because cancer is the second leading cause of death among Aboriginal and Torres Strait Islander people, who are, on average, 40% more likely

to die from cancer than non-Indigenous Australians.

The Yarn for Life website encourages yarning about the disease to reduce its impact on First Nations communities. It contains personal stories of courage, to support people to feel comfortable discussing any changes in their body with family or community members and health workers.

The website includes information about healthy choices you can make to prevent cancer, the importance of screening to detect cancer early, and how talking about cancer can help people and their families cope with the symptoms and treatment of the disease.

Check out the resources on the [Yarn for Life website here](#).

For more information about cancer in Australia, visit the [Department of Health and Aged Care](#).



Your health is in your hands!

Aboriginal and Torres Strait Islander people of all ages can get their free 715 health check at Aboriginal Medical Services and bulk-billing clinics. This health check helps identify whether you're at risk of illnesses or [chronic conditions](#). It's much easier to prevent them than it is to treat them. Catching them early can make a big difference.

At the appointment, a healthcare worker will ask you about your health and your family medical history. You'll talk about a plan to stay in good health. The 715 health check should take less than an hour.

If you can, try to go to the same doctor or clinic each time so the health professionals you see know about your health needs. Contact your local healthcare

worker and book your 715 health check for you and your family today.

Remember, your health is in your hands. Watch our 715 health check animation on the [Department of Health and Aged Care website](#).

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



Updated COVID-19 vaccine resources available

Some information resources have been updated to include new information on ATAGI recommendations for the Moderna COVID-19 vaccine for some eligible children aged 6 months to 4 years. There is also updated information about vaccine doses and COVID safe behaviours:

- [When to get your COVID-19 vaccination](#) – an infographic explaining when you should get your COVID-19 vaccinations
- [Dr Aleeta COVID-19 oral treatments](#) – a video explaining the benefits of COVID-19 oral treatments with Dr Aleeta Fejo
- [Dr Aleeta slow the spread of COVID-19](#) – a video with Dr Aleeta Fejo about COVIDsafe behaviours.



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



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