



Monday 26 September 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, find out about ATAGI's recommendation for some children aged 6 months to under 5 years, read about how to get back on track with looking after our diabetes, 'Take a step' by headspace and more!

Latest news

- [ATAGI recommend the COVID-19 vaccination for some children aged 6 months to under 5 years](#)
- 'I Got You'
- NAATSIHWP: Stay informed COVID-19
- Back on track with looking after our diabetes
- [Take a Step](#)
- Updated COVID-19 vaccine resources available





ATAGI recommend the COVID-19 vaccination for some children aged 6 months to under 5 years

Australia's immunisation experts, the Australian Technical Advisory Group on Immunisation, recommend COVID-19 vaccination for some children aged 6 months to under 5 years who have an increased risk of getting very sick from COVID-19. The COVID-19 vaccination will help reduce this risk. Children aged 6 months to under 5 years are able to receive a COVID-19 vaccine if they:

- are severely immunocompromised
- have a disability
- have complex and/or multiple health conditions which increase the risk of severe COVID-19.

For more information, visit the [Department of Health and Aged Care website](#).





'I Got You'

The Department of Health and Aged Care has partnered with ARIA award-winning Australian children's musical group 'Teeny Tiny Stevies' to develop the song 'I Got You'.

The song, music video and children's activity kit aims to teach children in a fun and engaging way to wash their hands as well as other ways to slow the spread of the virus.

The song and resources also remind families that if you can be vaccinated, it's important to stay up to date with your immunisations so you have maximum protection against severe illness.

Listen to 'I Got You' [music video](#) and download the [activity kit](#).





NAATSIHWP: Stay informed COVID-19

COVID-19 continues to impact all aspects of our lives so it is very important we stay up to date with the latest information to ensure we are doing everything we can to keep ourselves, our family and the community safe.

The National Association of Aboriginal and Torres Strait Islander Health Workers and Practitioners has created a dedicated section on its [website](#) to keep you updated on COVID-19, provide you with the latest resources, and give you access to a range of brochures that you can download and share.

Check out the latest resources on [the National Association of Aboriginal and Torres Strait Islander Health Workers and Practitioners website](#).





Back on track with looking after our diabetes

We've all had a tough time recently, but now it's time we got back on track with looking after our diabetes.

People with chronic health conditions or weakened immune systems are at greater risk of getting seriously sick from COVID-19. This includes people with diabetes.

If you have diabetes remember to:

- check in with your diabetes health team
- check your blood sugar and take your medications
- eat healthy food and be active every day
- look after each other and take time to look after yourself
- get our diabetes back on track for ourselves, and your mob.

Making sure your diabetes is well managed and keeping up to date with your COVID-19 vaccination are great ways that you can protect yourself from getting very sick if you get COVID-19. If you're worried about your diabetes, make an appointment to speak to your diabetes health care team today.

For more information, visit [the National Diabetes Services Scheme](#) website.





Take a Step

Did you know that in Australia, Aboriginal and Torres Strait Islander people 24 years and under are 3 times more likely than other young people to die by suicide?

headspace has partnered with Aboriginal and Torres Strait Islander people from across the country, including groups with lived experience of mental ill-health, to support the mental health of young First Nations people.

For more information, visit the [Department of Health and Aged Care website](#).



Updated COVID-19 vaccine resources available

Some of the Department of Health resources have been updated to include new information about eligibility for a COVID-19 vaccine for some children aged 6 months to 4 years. There is also updated information about vaccine doses and COVIDsafe behaviours. Resources include:

- [Common questions](#) – a factsheet that addresses common questions and misinformation about the COVID-19 vaccines.

- [6 months to under 5 years](#) – a poster outlining some children aged 6 months to under 5 years who are at higher risk of severe illness may be eligible for the COVID-19 vaccine.
- [Vaccines recommended for some children aged 6 months to under 5 years](#) – fact sheets providing information about which children aged 6 months to under 5 years are eligible for the COVID-19 vaccine.
- [How to speak to kids about vaccines](#) – a fact sheet explaining how parents and guardians can speak to kids about COVID-19 vaccines.

Have you checked out our range of COVID-19 information packs? The department has created information resource kits covering a range of topics including: [living with COVID-19](#), [rapid antigen tests](#), and [children, youth and COVID-19 vaccines](#).

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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