

# Community Engagement Noticeboard

## Beat the heat this summer

- Heatwaves can affect anyone. However, older people, people with a pre-existing medical condition, pregnant women, young children and babies are most at risk.
- During periods of extreme heat, it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heat stroke which can be life-threatening.
- Visit: [bom.gov.au](http://bom.gov.au) for the Bureau of Meteorology heatwave warning and Victorian weather warnings.



### Here are some tips to cope with the heat:

- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Block out the sun at home during the day by closing curtains and blinds. Open the windows when there is a cool breeze.
- Wear a hat and light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.
- **Never leave kids, adults or pets in hot cars.** The temperature inside parked cars can double within minutes.
- For more information visit: [www.betterhealth.vic.gov.au/heat](http://www.betterhealth.vic.gov.au/heat).

## Remember to 'Slip, Slop, Slap, Seek, Slide'



- Protect your skin from harmful UV rays by remembering to:
  - **SLIP:** on clothing that covers as much skin as possible.
  - **SLOP:** on some UV30+ (or higher) sunscreen.
  - **SLAP:** on a broad-brimmed hat.
  - **SEEK:** out shade.
  - **SLIDE:** on some sunglasses to protect your eyes.
- For more information, visit [cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart](http://cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart).

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## Water safety tips

- Improve your safety around beaches, rivers, lakes and public or private swimming pools.
- Remember to:
  - Be aware of the local water environment and weather conditions before entering the water
  - Obey all water safety signs
  - Don't drink alcohol while recreating around water, or when supervising children
  - And make sure there's someone looking out for you.
- For more information head to the Lifesaving Victoria website: <https://lsv.com.au/>.

## Cool off with free waterplay at a waterpark near you.

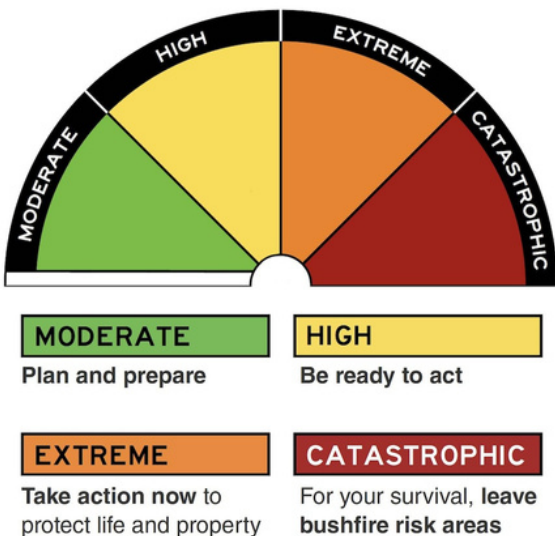


Here are a few free water parks to cool off this summer:

- Harmony Garden, 1 Point Park Crescent, Yarra's Edge, Docklands.
- Ron Barassi Snr Park, 509 - 529 Docklands Drive, Docklands.
- Library at the Dock, 107 Victoria Harbour Promenade, Docklands.
- Royal Park Nature Play, Gatehouse Street, Parkville.
- Bryant Family Reserve, 1A Francis St, Oak Park.

## Bushfires - Plan. Act. Survive.

- Bushfires and grassfires start quickly, often without warning and they can threaten lives and properties within minutes.
- There are some simple steps you can take to get ready now:
  - Familiarise yourself with the [Australian Fire Danger Rating system](http://www.cfa.vic.gov.au) at [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au) and check them every day during the fire season.
  - Make a fire plan and talk with your family about what you will do.
  - Leaving early is the safest option.
  - In an emergency, or if you see smoke or flames, call 000 immediately.

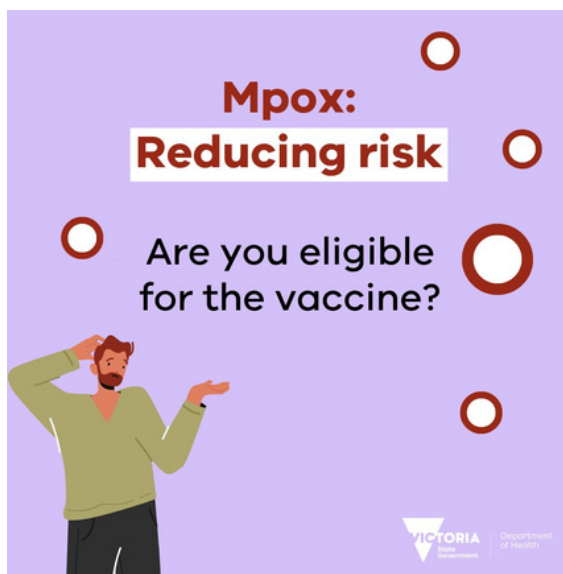


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## Don't wing it with mosquitoes



- This summer it's important to take extra steps to avoid getting bitten by mosquitoes.
- Mosquitoes can spread a number of diseases including: Barmah Forest virus, Ross River virus, Japanese encephalitis and Murray Valley encephalitis.
- In rare cases, these diseases can cause life-threatening illnesses.
- **The most important protection against these diseases is to avoid mosquito bites.**
- Wear long, loose-fitting clothing and use repellents that contain picaridin or DEET on all exposed skin.
- For more information visit: <https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease>



## Mpox vaccines: Reduce risk

- With Midsumma festival and other pride events coming up, now is the perfect time to protect yourself by getting vaccinated.
- Mpox (monkeypox) vaccines are now widely available in Victoria, if you're eligible you can get the vaccination now.
- If you have had your first dose, you can now get your second dose.
- Mpox is a viral infection that spreads through close physical contact, including sex.
- Symptoms can include a rash, fever, chills, headache and muscle aches.
- To learn more about mpox visit: <https://www.wphu.org.au/mpx/>

## Our partner IPC Health is back with vaccination outreach activities



- Keep yourself and your community safe by staying up-to-date with the COVID-19 vaccinations this summer.
- The COVID-19 vaccine is your best protection against becoming severely unwell from COVID-19
- Community groups, including operators of sensitive settings such as residential aged care and disability, are invited to arrange outreach vaccination pop-ups with IPC Health: [covid.vaccinations@ipchealth.com.au](mailto:covid.vaccinations@ipchealth.com.au).

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## Changes to COVID-19 PCR testing



- Rapid antigen tests (RATs) are the easiest way to test for COVID-19
- Those who need a PCR test will need to visit a GP respiratory clinic or have a GP referral to a private pathology provider.
- A GP will decide whether you require a PCR test based on your symptoms and medical condition.
- Generally, you should do a RAT:
  - if you have COVID-19 symptoms, even if they're very mild
  - if you have been in contact with someone who has COVID-19
  - before visiting a hospital, aged care facility, or disability care facility.
- The Victorian Government also provide free RATs through local councils to eligible Victorians.

- People should contact their local council to find if they are a distributor. Council contact information can be found here: [viccouncils.asn.au/find-your-council](http://viccouncils.asn.au/find-your-council)

Below are some locations to collect free rapid antigen tests.

Site location	Address
Altona - Dorevitch walk in test site	Unit 1 & 2 99 Pier Street, Altona, 3018
Braybrook cohealth (1 RAT per person)	109-139 Churchill Avenue, Braybrook, 3019
Deer Park - IPC (1 RAT per person)	106 Station Road, Deer Park, 3023
Fawkner - Dorevitch walk in test site	107 Jukes Rd, Fawkner, 3060
Footscray cohealth (1 RAT per person)	78 Paisley Street, Footscray, 3011
Hobsons Bay - IPC (1 RAT per person)	330 Queen Street, Altona Meadows, 3028
Hoppers Crossing - IPC (1 RAT per person)	117-129 Warringa Crescent, Hoppers Crossing, 3029
North Melbourne - Melbourne Pathology walk in test site	70 Alfred street, North Melbourne, 3051
St Albans - IPC (1 RAT per person)	1 Andrea Street, St Albans, 3021
Sunshine - IPC (1 RAT per person)	Level 1, 499 Ballarat Road, Sunshine, 3020
Wyndham Vale GP Superclinic - IPC (1 RAT per person)	510 Ballan Road, Wyndham Vale, 3024

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