



FLU SHOTS THIS WINTER

GET IMMUNISED

It has never been so important to get immunised against the flu. By getting vaccinated, you are not only protecting yourself from getting the flu, you are also protecting those who are too sick or young to get vaccinated. If you are young and healthy, getting the flu might not be a huge deal, but spreading it to someone over 65, a baby or pregnant woman could have serious consequences. The more people who get vaccinated, the less the disease will spread.

The National Immunisation Program provides the vaccine for free to eligible persons including those over 65 or with health conditions. Check here to see whether you are eligible for a free flu shot

<https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule>

If you are not eligible you can still access your annual flu vaccination for a small fee either at your GP or

- Community Health Clinics
- Pharmacies including Chemist Warehouse and Priceline (selected stores).
- Aboriginal Medical Services

Call the National Immunisation Hotline on 1800 671 811 to find your nearest provider

COVID-19

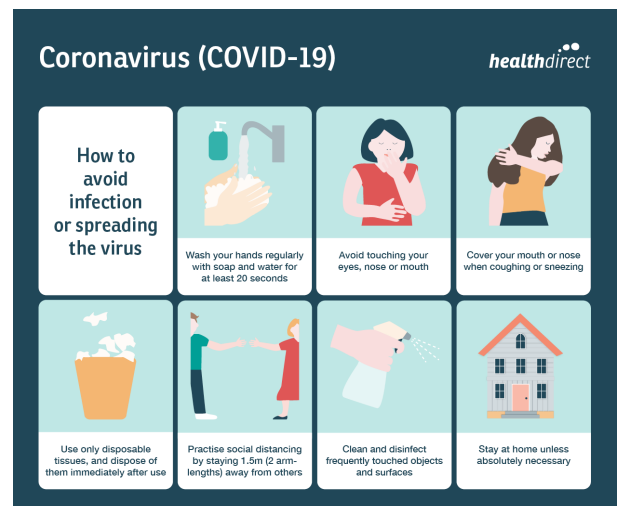
ARE YOU EXPERIENCING SYMPTOMS?

People with COVID-19 may experience:

- Dry cough
- Fever
- Breathing difficulties/shortness of breath
- Fatigue
- Sore throat

If you are concerned you may have COVID-19 use the Health Direct symptom checker <https://www.health.gov.au/resources/apps-and-tools/healthdirect-coronavirus-covid-19-symptom-checker>

Please seek medical attention or call the National Coronavirus Hotline on 1800 020 080.



Good hygiene can help prevent the spread of COVID-19.





Edition 3, Published 17 April 2020

VISITOR POLICY

UPDATED HOUSE RULES

For rooming house tenants, the house rules have been amended to bring them in line with the Federal Governments COVID-19 restrictions. From 29th April 2020, **rooming house tenants will be limited to:**

- **No more than one visit of up to two persons per day.**
- **Visits can only be for a maximum of two hours.**
- **Must be providing care or support.**

The full list of house rule changes which will be mailed to you this week.

Tenants will receive a Breach of Duty notice for not following these house rules.

Social distancing could save lives. Do the right thing, stay at home.

RED CROSS

RELIEF PACKAGES FOR VICTORIA

If you have been directed to self-isolate by a medical professional and are experiencing financial hardship, Red Cross are distributing food and personal care packages to those in need.

Call 1800 675 398 to register your details.

HELPFUL CONTACTS

ARE YOU SELF ISOLATING?

**YWCA are here to help.
Call (03) 8341 8700 or visit
www.ywcahousing.org.au**

The following organisations can be contacted for assistance if you are self-isolating.

- National Coronavirus Hotline: 1800 020 080
- Salvation Army Crisis Centre: 1800 627 727
- QLD Community Recovery Hotline: 1800 173 349
- QLD Health: 13 43 25 84

If you need an interpreter, call TIS National Interpreting Service: 131 450

<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>

CONTACT US

Have a question? You can contact us via:

Telephone: (03) 8341 8700

Email: mel-housing@ywca.org.au

Website: www.ywcahousing.org.au

