



# Port Lincoln Aboriginal Health Service

JULY 2021

*Helping our people to continually improve their health status*

## ROLL UP TO PROTECT YOURSELF AND YOUR LOVED ONES.



**COVIDVACCINE**  
.SA.GOV.AU

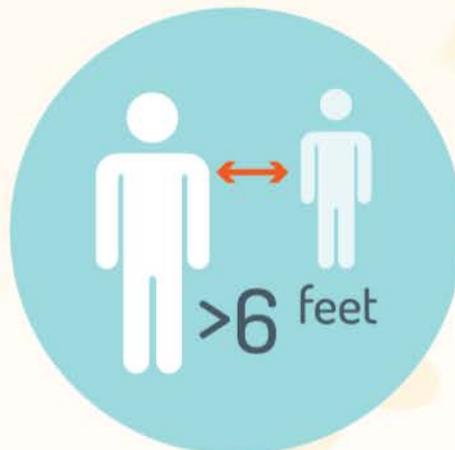
Get vaccinated.

Wear a mask.



<https://www.sahealth.sa.gov.au/covidvaccine>

**BOOK YOUR APPOINTMENT NOW**



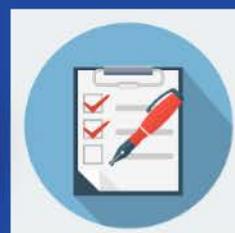
Wash hands often.

Social distance.

**WHEN COMING INTO PLAYS, REMEMBER TO:**



**OR**



**THEN PRESENT TO RECEPTION TO LET THEM KNOW YOU'RE HERE FOR YOUR APPOINTMENT**

# PLAHS Appointments

## DOCTORS

ALEX VAN ROOIJEN (Chronic Disease, Men's Health, Mental Health)

Monday	9.30am - 4.00pm
Tuesday	9.30am - 4.00pm
Thursday	10.30am - 4.00pm
Friday	9.30am - 3.00pm



**Other General GPs available periodically\***

**Doctor NEVILLE CARLIER**

**Doctor MEREDITH FREARSON**

**Doctor LAUREN CHRISTIAN**

If you would like an appointment to specifically see one of the above doctors please call Reception on 8683 0162 for their availability



CHRISTINE LUCAS (Obstetrics, Women's Health)

Tuesday	10.00am - 1.00pm
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## CHRONIC CONDITIONS TEAM

CHRONIC CONDITION CARE PLANNING

DIABETES MANAGEMENT

ASTHMA MANAGEMENT

COPD MANAGEMENT

SPECIALIST CLINIC

HEALTHY LIFESTYLE PROGRAM

## SOCIAL & EMOTIONAL WELLBEING

CASE MANAGEMENT

MENTAL HEALTH

DRUG & ALCOHOL

SOCIAL & EMOTIONAL WELLBEING

*\*Ask or call Reception to speak with the on-call SEWB Duty Worker*

## PUYU WUNTI—TACKLING SMOKING

*\*Ask or call Reception to speak with the Puyu Wanti—Tackling Smoking Workers*



# REMINDER

Clinic is CLOSED

between

12.30pm and 1.30pm daily

## IMMUNISATION

DONNA SELLEN (Registered Midwife)

Monday	9.00am - 3.30pm
Thursday	9.00am - 3.30pm
Friday	9.00am - 3.30pm

## WOMEN'S HEALTH

HEATHER COLLINS (Registered Midwife)

Tuesday	9.00am - 3.30pm
Thursday	9.00am - 3.30pm

## COUNSELLOR

ANN BURNS

Monday to Friday 9.00am - 2.00pm

## DIETITIAN

RACHEL ELOVARIS

Tuesday (monthly) 9.30am - 4.00pm

## PODIATRIST

ANTHONY ROBINSON

Friday (fortnightly) 9.30am - 12.00pm  
1.30pm - 4.00pm

## OCCUPATIONAL THERAPIST

MARK THOMPSON

Tuesday (fortnightly) 9.30am - 4.00pm

## PHYSIOTHERAPIST

JAMES BLEWIT

Last Friday of each Month 9.00am—4.00pm

## PATS

Enquiries to KELLY CARBINE (Practice Manager)

## VISITING SPECIALISTS / ALLIED HEALTH

PSYCHOLOGIST - Kym Schellen

RESPIRATORY PHYSICIAN - Dr Igor Nikitins

ENDOCRINOLOGIST - Dr Hamish Eaton

EAR, NOSE & THROAT SPECIALIST—Dr Josh Jervis-Bardy

PSYCHIATRIST - Dr Adriana Lattanzio

EYRE EYE CENTRE OPTOMETRIST - Elise Pocknee

PAEDIATRICIAN - Dr Lalith Gamage

AUDIOLOGIST

# COVID-19 & the VACCINE

## COMMUNITY INFORMATION EVENT

Come on down to the PLAHS Community COVID-19 & the VACCINE event

Great food, door prizes and a panel to answer all your questions!

COVID vaccination pop-up clinic available on the day

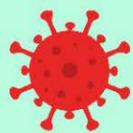
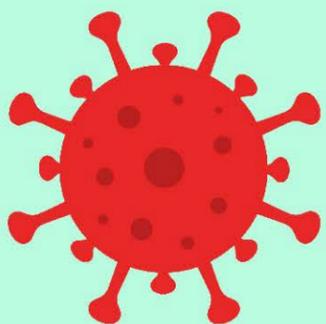
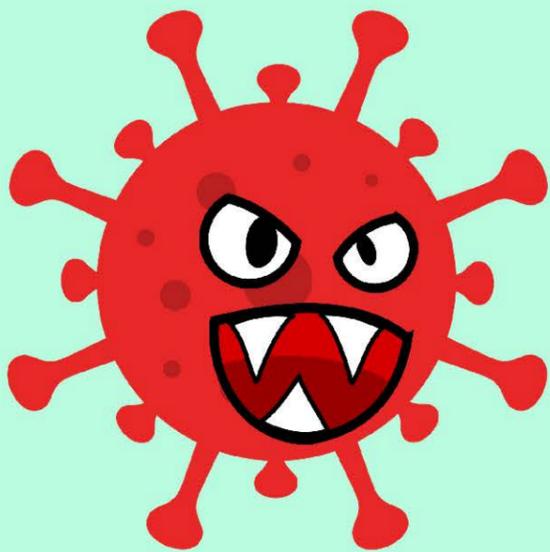
Transport provided to and from—just give us a call to register!

**Thursday 12th August 2021**  
**Mallee Park Football Club**

**11.00am for Elders and Leaders over 49 years**

**1.30pm for Adults 25-49 years**

For more information or to register for transport,  
please contact PLAHS on 8683 0162



\*\*Please note social distancing and COVID requirements will be in place



new phone who dis?

# Please inform RECEPTION staff..

If you have changed your contact details lately.

If you have a new phone number or address.

If you have a new Medicare card.

New Address!

If you have a new Centrelink card.

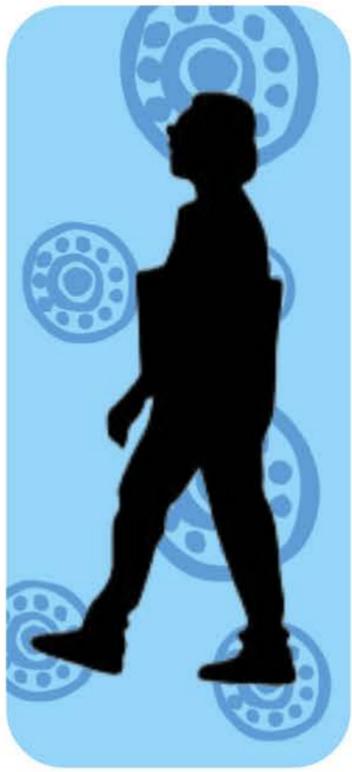




# We're here to help, not be hurt.

Our staff shouldn't have to face violence, abuse, offensive language, crude or sexualised behaviours whilst they are doing their job so we operate a "Zero Tolerance" policy on these types of behaviours.

If you do show any of these behaviours to our staff or vandalise our property, police may be called and you may face a ban from our service.



# WALKING GROUP

Walking is FUN! Walking is SOCIAL! Walking is GOOD FOR YOUR HEALTH!

Come along to our **PLAHS Walking Group!**  
Every **Tuesday from 10.00AM till 12.00PM**

*\*weather permitting\**

Meet near the Port Lincoln Yacht Club

TRANSPORT:	WHAT TO WEAR:	WHAT TO BRING:	WHATS PROVIDED:
Transport is available between 9.45am and 10.30am to the Yacht Club	Comfortable shoes Comfortable clothes Hat	Any medications you may need (Ventolin, angina medication)	1 x water bottle for you to bring each week Extra water After walk light snack Chat with PLAHS staff

If you would like more information on the walking group, please contact **Kerry or Neil at PLAHS on 8683 0162**



# BLOOD BORNE VIRUSES

## WHAT IS A BLOOD BORNE VIRUS?

Blood-borne viruses (BBVs) are viruses that some people carry in their blood and can be spread from one person to another.

Those infected with a BBV may show little or no symptoms of serious disease, but other infected people may be severely ill.

You can become infected with a virus whether the person who infects you appears to be ill or not – indeed, they may be unaware they are ill as some persistent viral infections do not cause symptoms. An infected person can spread blood-borne viruses from one person to another by various routes and over a prolonged time period



## Are HIV and AIDS the same thing?

**NO!**

AIDS (Acquired Immune Deficiency Syndrome) is a late stage of HIV infection. AIDS is diagnosed when a person with HIV infection has a severely damaged immune system so that they develop a disease caused by an organism that doesn't usually affect healthy people. AIDS is also present if a person with HIV infection develops certain kinds of cancers.

People with HIV infection who are on effective treatment do not develop AIDS, as the treatment stops damage to the immune system.

## WHAT ARE THE MOST COMMON BLOOD BORNE VIRUSES?

- The most common blood borne viruses are:
- ⇒ Hepatitis B
  - ⇒ Hepatitis C
  - ⇒ HIV (Human Immunodeficiency Virus)

## DID YOU KNOW...?

If you think you have been exposed to HIV or think you are going to be exposed to HIV there are treatments available to assist in reducing the risk of you contracting the virus!

**Come into PLAHS for more information**



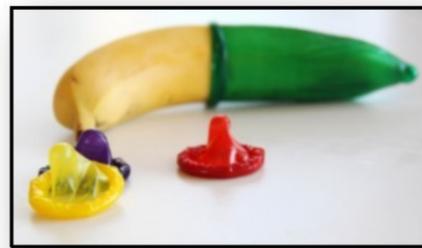
# RISKS: Blood Borne Viruses



## BACKYARD TATTOOING

Non-professional or backyard tattoo operators may be tattooing with cheap unsterilised equipment, in a non-hygienic environment increasing your risk of infections such as HIV, Hepatitis B and C.

**NEEDLE SHARING—"NOT EVEN ONCE"**  
Sharing a used needle or other injecting equipment is, unfortunately, one of the most effective methods of transmitting blood borne viruses. Sharing needles puts you at **high risk** of contracting HIV, Hepatitis B and C.



## UNSAFE SEXUAL PRACTISES

If you engage in unsafe sexual practises you increase your risk of a sexually transmitted infection. Infections can be found in semen, blood and vaginal fluids and is passed on through unprotected vaginal, anal or oral sex. If you are unprotected, you are increasing your risk of infections such as HIV, Hepatitis B and C

**BACKYARD PIERCING**  
Non-professional or backyard piercers may be piercing you with cheap unsterilised equipment, the incorrect equipment, and in a non-hygienic environment increasing your risk of infections such as HIV, Hepatitis B and C.



## RAZORS & TOOTHBUSHES

Sharing razors and toothbrushes can increase your risk of infections such as HIV, Hepatitis B and C as they can carry traces of infected blood

# Dr Meredith Frearson

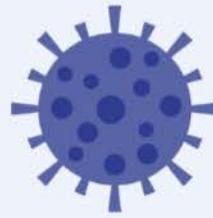
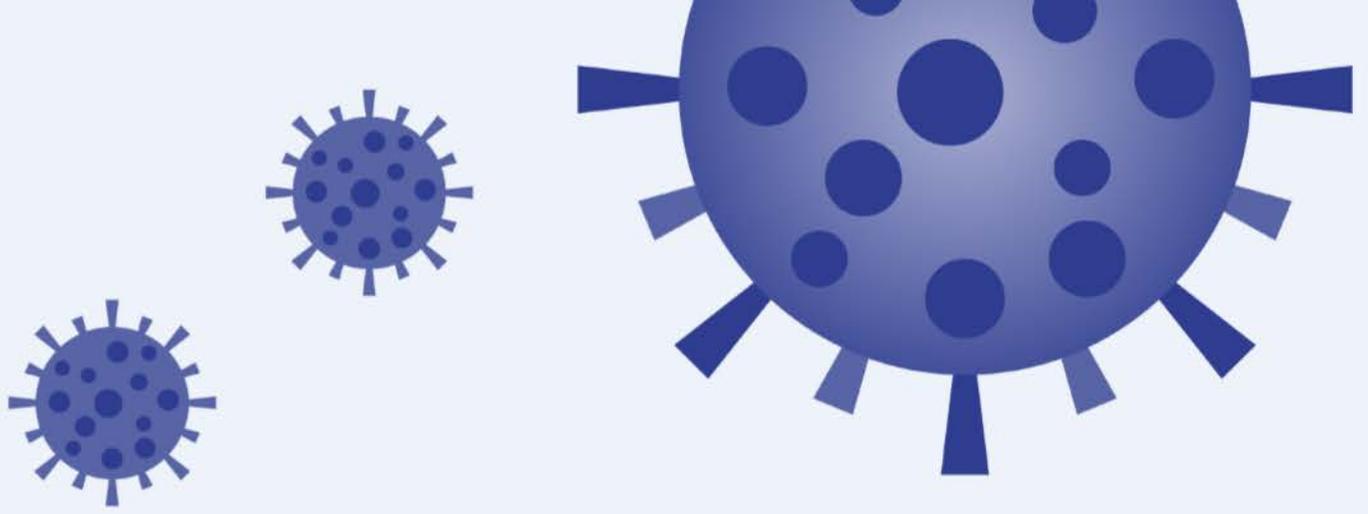
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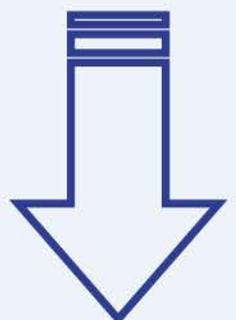
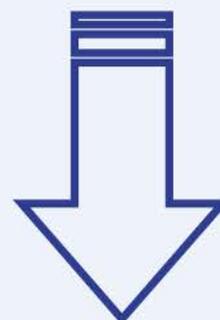
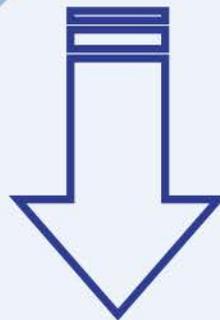
Contraception to Menopause and  
everything in between!

If you have a women's health issue,  
concern or question contact our reception  
on **86830162** to book an appointment  
with Dr Meredith.

**Visiting PLAHS once a month.**



# WHERE CAN I GET THE COVID19 VACCINE IN PORT LINCOLN ?



<https://www.covid-19.sa.gov.au/vaccination>

Changes are happening all the time, please follow the link for the latest up-to-date locations

# COVID-19 VACCINATION UPDATE

There have been updates to the vaccination program:

- The Pfizer vaccine is now preferred to the AstraZeneca vaccine for adults **aged under 50 years**.
- For those **over 50**, the advice remains the same - to receive the AstraZeneca vaccine.
- People who **have already had the first dose of the AstraZeneca vaccine** and haven't had any significant side-effects will be able to receive their second dose safely.

If you have any concerns or questions regarding the COVID-19 vaccination, please talk to your health care worker.

For more information visit [health.gov.au](https://www.health.gov.au)



**COVID-19**  
✓**VACCINATION**

# STAY STRONG GET VACCINATED

## COVID-19 vaccine FAQs for Aboriginal people in South Australia

This information is provided to you to help you make an informed decision about getting vaccinated against COVID-19.

You do not have to get vaccinated against COVID-19, but vaccination is the best way to protect you, your family, your community and your Elders.

The information is correct as of 10 March 2021.

### Why should I get vaccinated?

COVID-19 can cause serious ongoing health problems, and sometimes death. The vaccine will give extra protection to you, your family, community and Elders and stop you from getting really sick if you do get COVID-19.

By getting the vaccine, it means we can continue to freely catch up with family and friends at social gatherings, cultural events and go travelling.

These activities generally have a lot of people attending and it can be very hard to socially distance (two big steps away from others), so getting the vaccine is another way to help protect you and your community from COVID-19.

### Why does everyone in my community need to get vaccinated?

The vaccine gives extra protection to you, your family, community and Elders and reduces the community's risk of COVID-19 outbreaks. It will also help to reduce symptoms and side-effects if you catch COVID-19.

Once you are vaccinated, you may still be able to catch or spread the virus, but not get as sick. This means everyone needs to get vaccinated and you cannot rely on others getting vaccinated to protect yourself.

### Do I have to get a COVID-19 vaccine?

No, you do not have to get a COVID-19 vaccine, but we strongly encourage you to get vaccinated. COVID-19 can cause serious, long-term health problems, and sometimes death. Getting vaccinated is a safe way of protecting you, your family, community and Elders from COVID-19.

### Is the vaccine being tested on me?

No. Human trials for the vaccine used tens of thousands of volunteers from around the world. The trials are now finished and based on the results, the vaccines that proved safe and effective are being used. Internationally, hundreds of millions of people have now had the vaccine.

It took longer for us to get the vaccine in Australia because the Therapeutic Goods Administration (TGA) looked at all of the data about the vaccines' safety, quality and effectiveness to ensure they meet all of Australia's very high safety standards.

Aboriginal and Torres Strait Islander adults are in Phase 1b because they are at increased risk of getting and developing serious illness from COVID-19. This is because living conditions in some communities increases the risk of spreading the virus, and because Aboriginal people have higher rates of pre-existing and chronic health conditions this increases the risk of getting very sick from COVID-19.



# STAY STRONG GET VACCINATED

## Are there any side effects?

Most vaccines cause a reaction in our bodies, which is actually a really good thing because it shows us that our immune system is learning how to fight the virus. The side effects of the COVID-19 vaccines are similar to the flu vaccine, and can include:

- pain and swelling at the injection site
- tiredness
- headache
- muscle and joint pain
- chills
- fever.

Most reactions or side effects last no more than a couple of days and do not require special treatment. Serious reactions like allergic reactions are extremely rare.

If you experience side effects after you've had the vaccine and you're worried about them, you should speak to your doctor, clinic or medical service right away for advice.

## How were the COVID-19 vaccines developed and approved so quickly?

Because so many people all over the world were being affected by the COVID-19 pandemic, everyone worked together to find a safe and effective vaccine. This included:

- **Money:** Lots of money from governments around the world helped vaccine developers move quickly.
- **Technology:** Technology has evolved to make vaccine development faster than in the past.
- **Spread of disease:** Clinical trials progress more quickly if a disease is widespread, which is the case for COVID-19. This means researchers can evaluate the effect of a vaccine between the unvaccinated and vaccinated groups much sooner than for a rare disease.

## Who decides if the COVID-19 vaccines are safe?

Australians expect medicines to be safe, of high quality and of a standard at least equal to that of comparable countries.

The **Therapeutic Goods Administration (TGA)** is part of the Australian Government Department of Health, and is responsible for regulating therapeutic goods including prescription medicines, vaccines, sunscreens, vitamins, medical devices, blood and blood products.

The TGA is assessing all COVID-19 vaccines being used, or proposed for use, in Australia. Vaccines are assessed based on how safe they are, and how effective they are.

The TGA is also responsible for continuing to monitor and enforce safety and efficacy of the vaccines after they are approved. If a problem is discovered, the TGA is able to take action. Possible regulatory actions vary from continued monitoring to withdrawing the product from the market.

The **Australian Technical Advisory Group on Immunisation (ATAGI)** is a group of medical experts who helped develop the national rollout plan for the COVID-19 vaccines, and are continuing to provide clinical advice on issues such as the use of the COVID-19 vaccines in children, pregnant women, and older people.

ATAGI have developed the Australian Immunisation Handbook, which provides clinical guidelines for healthcare professionals and others about using vaccines safely and effectively.



# STAY STRONG GET VACCINATED

## How do the COVID-19 vaccines work?

The COVID-19 vaccines work by preparing your body to defend itself against COVID-19. When you are given the vaccine, some of your cells will read the vaccine's instructions, which shows them what the virus looks like.

Once vaccinated, if you come into contact with COVID-19, your immune system will recognise it and be ready to defend your body against it.

## Where can I get the COVID-19 vaccine in South Australia?

There will be both metropolitan and regional hubs set up across South Australia to ensure priority groups can access the vaccine at the allocated time.

People in remote South Australian Aboriginal communities will have the opportunity to get vaccinated either by their local GP, Aboriginal Community Control Health Service or other health services in the community.

Some remote South Australian Aboriginal communities may be offered an all-of-community vaccination process.

## Are COVID-19 vaccines free?

The COVID-19 vaccines will be free for all people living in Australia.

## Will I still get my Centrelink payments if I don't get the vaccine?

Your Centrelink payments will not change based on whether you choose to get the vaccine or not.

## How do I protect my family members and friends who can't be vaccinated?

South Australian Aboriginal communities have done a really deadly job in keeping safe during COVID-19 by practicing social distancing (two big steps away from others), good hygiene, staying home and getting a COVID-19 test straight away if we are feeling sick, and not travelling to places in our community or other communities unless we have to.

## Can the vaccine give me COVID-19?

No, you cannot catch COVID-19 from the vaccine.

## Can I still catch COVID-19 if I've had the vaccine?

The vaccine will give extra protection to you, your family, community and Elders and stop you from getting really sick if you do get COVID-19.

## How long does the vaccine protect me from getting COVID-19?

At this stage, there is not enough information to understand the long term protection against COVID-19 after vaccination. Booster doses may be required, similar to other vaccinations, such as the flu vaccine.

## Do the COVID-19 vaccines work on the new variants?

Based on the way the vaccines work, it is likely they will be effective against the newer strains of COVID-19.

## Do I still need to practice COVID safe behaviours?

Even if you get the COVID-19 vaccine, you will still need to keep up with good COVID safe behaviours such as socially distancing (two big steps away from others), practicing good hygiene, staying home if you are feeling sick and not travelling to places in your community, or other communities unless you have to.



# STAY STRONG GET VACCINATED

## **Can I take my usual medicines if I get the COVID-19 vaccine?**

Yes, you can continue to take your usual medicines if you get the COVID-19 vaccine and this way you will stay as healthy as possible.

## **If I decide not to get the COVID-19 vaccine this time but I change my mind, will there be another opportunity for me to receive the vaccine?**

Yes. Everyone is encouraged to be part of the vaccination program and there will be further opportunities as it is rolled out and for the rest of the year.

## **Can I bring someone to my vaccination appointment with me?**

You can have someone attend your vaccination appointment for support. This can be a support worker, family member, carer or friend.

## **If consent is given in advance, can it be withdrawn on the day of the vaccine?**

Yes, receiving the COVID-19 vaccine is completely voluntary and consent can be withdrawn at any time prior to receiving the first or second dose of the vaccine.

## **Is the vaccine safe for older people?**

It's really important that our Elders are protected from COVID-19.

Older adults are being prioritised for COVID-19 vaccination, as they are at increased risk of severe outcomes with COVID-19. Both vaccines are suitable for use in older people.

In rare instances, doctors or health care workers will consider the appropriateness of vaccination in older people if they are very frail, have severe pre-existing conditions or are at the end of their life.

Elders and their families and carers can talk to their doctor, clinic or medical service about the COVID-19 vaccines.

## **I am immunocompromised. Should I have the vaccine?**

Immunocompromised people are being prioritised to receive a COVID-19 vaccine, as they are at increased risk of severe outcomes with COVID-19.

The COVID-19 vaccines do not contain the live COVID-19 virus, which means they are safe for immunocompromised people.

Immunocompromised people should follow the advice from their doctor regarding the COVID-19 vaccine, including considering when to get the vaccine amongst any other treatments or medications.

## **Can I get the COVID-19 vaccines if I am pregnant or breastfeeding?**

The COVID-19 vaccines are safe if you're planning a pregnancy. You don't need to avoid becoming pregnant before or after vaccination.

If you're breastfeeding, you can receive the COVID-19 vaccine at any time. You don't need to stop breastfeeding before or after vaccination.

If you're already pregnant, vaccination is not routinely recommended, but you may wish to get vaccinated against COVID-19 if you are at a high risk of getting the virus or of getting very sick from the virus. If this is the case, speak to your GP or a health professional about the COVID-19 vaccines.



# STAY STRONG GET VACCINATED

## Can children get vaccinated?

For now, we are not routinely vaccinating children

The first clinical trials for new medicines do not typically include children as participants, and this was the case for the first clinical trials for the COVID-19 vaccines. These trials gave us lots of evidence that vaccines were safe and effective in adults, which is why the Therapeutic Goods Administration (TGA) approved them for use in Australian adults. . For the TGA) to approve a vaccine for use, there needs to be lots of evidence that the vaccine is safe and effective for everybody.

There's no reason why the vaccines shouldn't be safe to use in children, and children around the world who have volunteered are now participating in new trials. Once these trials are complete, the TGA will look at all the evidence and make a decision about whether the vaccines should be given to Australian children.

The national rollout plan anticipates that the vaccines will be approved for use in children, and they have been included in Phase 3 of the rollout (pending TGA approval).

## Where can I find more information?

For information about the use of the COVID-19 vaccine in South Australia, visit [www.covidvaccine.sa.gov.au](http://www.covidvaccine.sa.gov.au)

For more information about the COVID-19 vaccines, visit the Australian Government Department of Health website.

The National Coronavirus Helpline is available 24 hours a day, 7 days a week on 1800 020 080.





Australian Government

COVID-19  
VACCINATION

# COVID-19 vaccine side effects



A vaccine is medicine that:

- helps people fight a virus if they come in contact with it
- can stop people from getting very sick from the virus.

The COVID-19 vaccines don't have any COVID-19 in them. You can't get the virus from the vaccine.



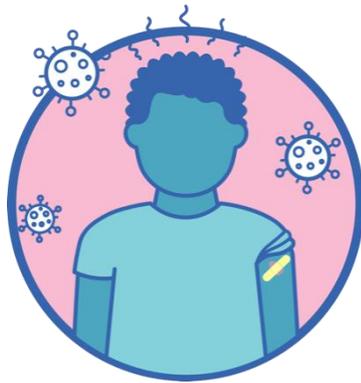
COVID-19 vaccines are the best way to protect:

- you
- your family
- the community.



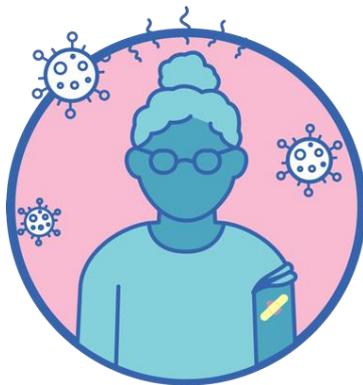
A **vaccination** is when you receive an injection of the vaccine. This is done with a needle.

## What is a side effect?



After you have your vaccination, you might feel some side effects.

A side effect is something that sometimes happens to people after they take medicine.



Side effects are a sign that the vaccine is teaching your body how to fight the virus.

Side effects don't happen to everyone, and generally don't last for long.

## Common side effects



Most side effects:

- are not serious
- go away on their own in a couple of days.



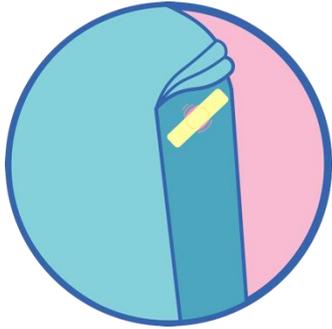
Some common side effects include:

- Pain or swelling in your arm where the needle went in
- a fever
- sore muscles or joints
- tiredness
- headaches.



Other less common side effects include:

- feeling like you might vomit
- feeling sick in your stomach
- lumps in your neck
- pain in your leg
- not sleeping well.



Where the needle went in your arm it might be:

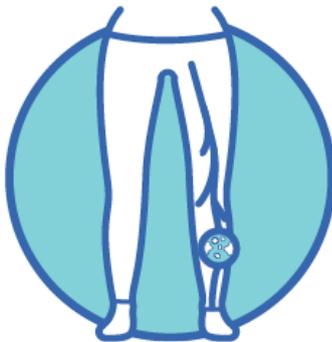
- red
- itchy.

## Serious side effects

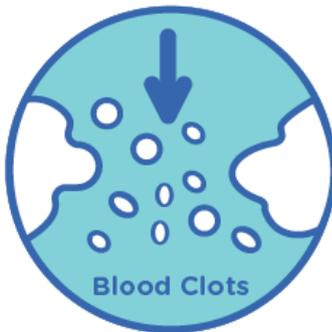


Someone should call Triple Zero (000) straight away if, after the needle, you:

- have trouble breathing
- wheeze – this means you hear sounds you don't usually hear when you breathe
- feel a very fast heartbeat
- fall down or faint

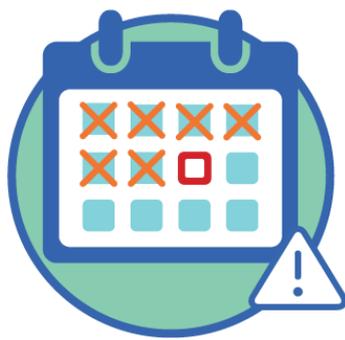


Around 6 people in every million may get a very rare side effect called **thrombosis with thrombocytopenia (TTS)** involving blood clots.

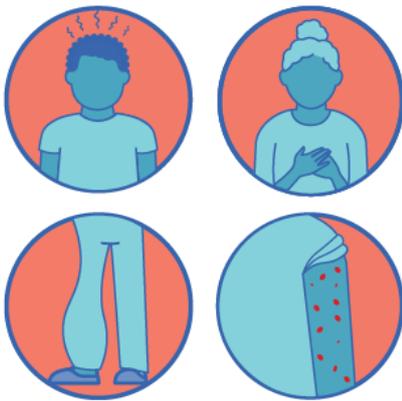


A blood clot prevents blood from flowing normally through the body.

This rare condition can cause serious long term disability or death.



If you have any of these side effects 4-28 days after getting a COVID-19 vaccine, you should speak to your doctor straight away:



- a bad headache or bellyache that doesn't go away for a long time, even with pain medication
- blurred vision
- difficulty with speech
- drowsiness
- seizures
- shortness of breath
- chest pain
- swelling in your leg
- tiny blood spots under the skin, not near where the needle went in.



The Pfizer vaccine is preferred for people under 50 years old who have not already had their first AstraZeneca dose.



If you have already had your first AstraZeneca vaccine dose with no serious side effects, you can get your second dose.

## What should you do if you feel side effects?



If you have any side effects that are bothering you, you can take pain medication.

A simple painkiller like paracetamol or ibuprofen might be right for you.



Check with your doctor or support person before you take any other types of pain medication.

You can also use a cold pack on your arm where the needle went in.

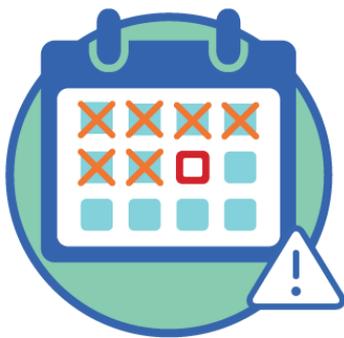


You should talk to your doctor if you think you are having an **allergic reaction**.

An allergic reaction is when your body reacts to something, such as food or medicine.

For example, you might get an itchy rash or your tongue might get bigger.

You should also talk to your doctor if you:



- are worried about a side effect
- have a side effect that lasts more than a couple of days
- you have a side effect that starts more than 3 days after your vaccination
- have a side effect that isn't in this fact sheet.



If you get any side effects, you can also tell the **Therapeutic Goods Administration (TGA)**.

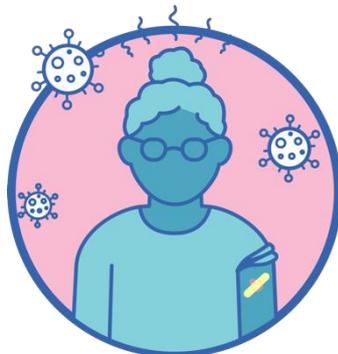
The TGA:

- approves vaccines
- keeps track of how well they work.



You can tell the TGA about any side effects on their website: <http://www.tga.gov.au/reporting-suspected-side-effects-associated-covid-19-vaccine>

## Do you need to get a COVID-19 test after the vaccination?

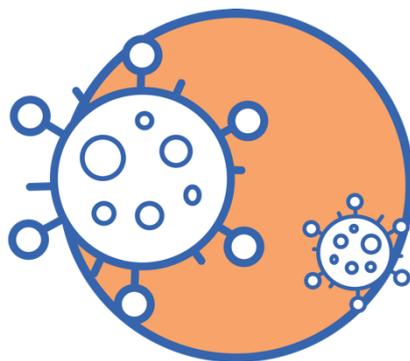


Some of the side effects of the vaccination are the same as the symptoms of COVID-19.

A symptom is a sign that you might be sick.

You might:

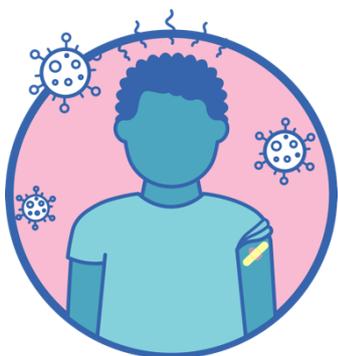
- see symptoms
- feel symptoms.

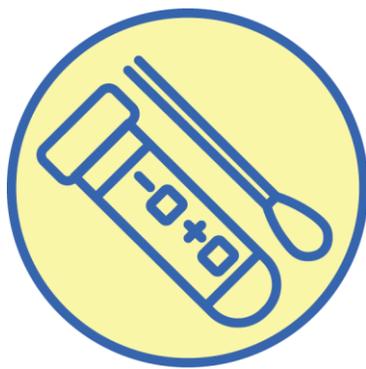


Some people might still get COVID-19 after their vaccination.

You might need a COVID-19 test if you have any COVID-19 symptoms, including:

- fever
- sore throat
- cough
- tiredness
- shortness of breath
- losing your sense of taste
- losing your sense of smell.





You also might need a COVID-19 test if:

- someone you have seen lately has COVID-19
- you live in a state or territory with a lot of COVID-19 cases.

If you're not sure, you should talk to your doctor.

## More information



Have a yarn with your healthcare worker.



You can visit the Department of Health website at [www.health.gov.au](http://www.health.gov.au) for more information about the vaccine.



You can call the National Coronavirus Helpline on **1800 020 080**.

# A NEW AND BETTER TEST FOR WOMEN

Talk to your health worker today – for yourself,  
your family and your community.



The new and better test replaces the old Pap test, and you only have to do it every 5 years.

If you're aged 25 – 74 you should speak to your health worker about when you need your next test, this is normally two years after your last Pap test. It's a great way to make sure you're strong and healthy for your family, kids and community.

***For more information have a yarn with your health worker,  
or visit [www.health.gov.au/NCSP](http://www.health.gov.au/NCSP)***

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**Australian Government**

NATIONAL  
**CERVICAL SCREENING**  
PROGRAM

A joint Australian, State and Territory Government Program

# A Guide To Understanding Your Test Results

This document provides you with information to help you better understand your Cervical Screening Test results.

Your health worker will discuss your results and the next steps with you.

It is important to see your health worker straight away if you experience pain or any other problems at any time.



## **Cervical Screening Test**

### ***What does the Cervical Screening Test look for?***

The Cervical Screening Test looks for the human papillomavirus (HPV) infection.

HPV is so common that many people have it at some point in their lives and never know it, as there are usually no symptoms.

But if HPV stays in our bodies for a long time, it can cause problems that may lead to cervical cancer. This usually takes 10 to 15 years.

## **Cervical Screening Test results**

### ***What does my test result mean?***

Your health worker will talk to you about your Cervical Screening Test results, and will answer any questions you have.



### Based on your results your health worker may recommend you:

Return to screen in five years	Repeat the HPV test in 12 months	Refer to a specialist	Repeat the test in 6 weeks
This means that no HPV was found. You will be invited to have your next test in five years.	This means you will be invited to have another test in 12 months. It means that HPV has been found, but it's safe for you to come back for another test in 12 months to see if it's still there.	This means you have a type of HPV infection which needs further tests or treatment. You will be referred to a specialist for another test.	This does not mean there is something wrong. It means your sample cannot be read properly by the laboratory. It's important to repeat the test in six weeks.

Talk to your health worker if you're anxious or worried about your result.

## WHERE CAN I GET MORE INFORMATION?

If you need more information, a good place to start is by speaking with your health worker. You can also get more information from:

### NATIONAL CERVICAL SCREENING PROGRAM

To find out more about cervical screening and understand how the program works.

[www.health.gov.au/NCSP](http://www.health.gov.au/NCSP)

1800 627 701

### NATIONAL CANCER SCREENING REGISTER

If you would like to update your contact details and look up when your next Cervical Screening Test is due.

1800 627 701

### AUSTRALIAN IMMUNISATION REGISTER

The National Human Papillomavirus Vaccination (HPV) Program Register ceased operating on 31 December 2018, with all HPV vaccinations now recorded on the Australian Immunisation Register (AIR). Vaccination records previously recorded on the HPV Register have been migrated to the AIR.

Any immunisations recorded on your AIR record will display on your immunisation history statement.

You can access your immunisation history statement:

- online, by setting up your own myGov account at [my.gov.au](http://my.gov.au) and then accessing your Medicare online account;
- through the Express Plus Medicare mobile app;
- by calling the AIR enquiries line on 1800 653 809 (8am-5pm, Monday to Friday AEST) and asking them to send it to you. Please allow up to 14 days to receive your statement in the post; or
- by asking your doctor or vaccination provider to print a copy for you.



## FREQUENTLY ASKED QUESTIONS

### How did I get HPV?

The human papillomavirus (HPV) is very common, and is spread by skin contact during sexual activity. People can have HPV for a long time without ever knowing it, and most people have it at some stage. If you have HPV there is no way of knowing when you first got it. Most of the time the body is able to get rid of the virus.

### Do I need to avoid having sex if I have HPV?

There is no reason to stop having sex if your Cervical Screening Test shows HPV. The HPV virus is very common and there is no way of knowing if your partner has this type of virus, or has previously had it.

### Should I tell my partner I have HPV?

If you have HPV, you may choose to discuss this with your partner. Talking with your partner about your test results is your own decision. If you are worried about passing HPV on to your partner, talk to your health worker for advice.

### How is HPV treated?

There is no treatment for HPV. In most cases the body clears HPV naturally in 1 to 2 years and it has no long-lasting effects. If the body doesn't clear the virus cells may change. These changes can usually be treated easily and successfully.

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# SELF-COLLECTION FACTSHEET

To be provided only by a healthcare provider during a consultation

It's important to have regular Cervical Screening Tests, as this will give you the best chance to stay healthy and strong for yourself, your family and your community.



## Who should have the Cervical Screening Test?

Women aged 25 to 74 who have ever been sexually active should have a test every five years.

This includes women who have had the human papillomavirus (HPV) vaccination.

## What is Self-collection?

This means that you can collect your sample in a private place without a doctor.

This may help you if you're overdue by 2 years or more since your last test, or have never had one before.

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## Is Self-collection right for me?

It's not recommended that all women use Self-collection. Self-collection may be possible for you if:

- you're 30 years old or over
- you have never had a test or it has been four years since your last Pap test or seven years since your last Cervical Screening Test.

Your health worker will help you decide which collection method is best for you. It is important to let your health worker know if you are pregnant.

## How do I collect my own sample?

If you and your health worker agree that Self-collection is best for you, they'll tell you how to collect your sample.

Your health worker will talk to you about the results of your self-collected sample, and let you know if any more tests are needed.

