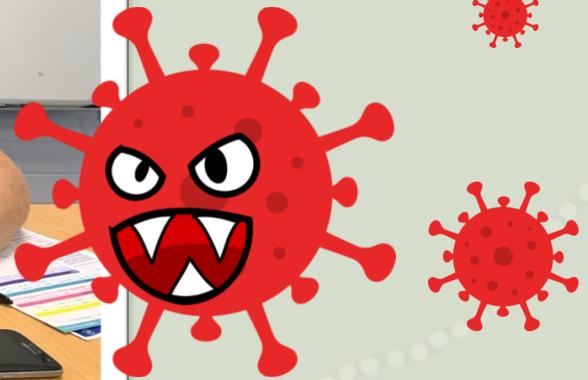


Port Lincoln Aboriginal Health Service

SEPTEMBER 2021 *Helping our people to continually improve their health status*



LEFT: Proud community member Reggie Woods with RN Leanne after receiving his COVID vaccination.



COVID-19 & the VACCINE



On the 12th of August 2021, we held a COVID & the Vaccine Community Information event at Mallee Park with Doctors and the Pandemic Coordinator from AHCSA and Nurses from SA Health. There were 2 sessions throughout the day and the event provided community with direct access to medical professionals with the ability for them to ask questions about COVID and the COVID vaccine. The day was successful and a follow-up even was organised.

The 2nd event was held on the 9th of August 2021 —this enabled those who had a first dose of the vaccine, to have their second. We also had a booking system where other community members could book in to have their first dose.

This day was also highly successful with almost all from the first event having their second dose, and another 30+ community members having their first dose.

WHEN COMING INTO PLAHS, 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



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

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

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

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



REMINDER

Clinic is CLOSED

between

12.30pm and 1.30pm daily



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.



Have You had your Adult Health Assessment?
See the clinic staff, get your Health Assessment signed off and you have the chance to receive a Kmart gift card!

Adult Health Assessments are important to track your overall health and to monitor any existing conditions.
Call to book in for yours TODAY





UPcoming

OCTOBER

COVID vaccine clinic will begin at PLAHS (Pfizer vaccine)

NOVEMBER

PLAHS Annual General Meeting (AGM)

DECEMBER

Christmas



COVID-19 VACCINATION DRIVE

4th October—29th October 2021

Pfizer Immunisation Clinic

From 9.30AM to 12.30PM and 1.00PM to 3.30 each day.

Access to this clinic is via Oxford Terrace entrance.

Eligible community members aged 12 years and over are encouraged to attend.

Bookings can be made by calling PLAHS on 8683 0162

Drop-ins welcome

Transport is available



BEEES

With flowers, come bees. With more than 1500 species of bees in Australia versus one species of human, your odds are not looking good. Just as you are skipping through that glorious grass on a spring day, POW. You go down in screaming agony, crying like a baby! The only good thing to remember when you are in agony is that little bugger doesn't live to fight another day - Human 1 vs Bee 0.

Having an allergic reaction *isn't common*—approximately 2.8% of Australians population have an abnormal reaction to a bee sting.

A **normal reaction** sets off pain, swelling, and redness around the sting site. A **large local reaction** causes swelling that extends beyond the sting site. For example, a person stung on the ankle may have swelling of the entire leg. While it often looks alarming, it's usually no more serious than a normal reaction. Large local reactions peak at about 48 hours and then gradually get better over 5 to 10 days.

The **most serious reaction** is an allergic one — you'll need to get it treated right away! Severe allergic reactions (also called an **anaphylactic reaction**) are not that common. But when they happen, they're EMERGENCIES.

Symptoms can include: Trouble breathing, hives that appear as a red, itchy rash and spread to areas beyond the sting, swelling of the face, throat, or mouth tissue, wheezing or trouble swallowing, restlessness and anxiety, rapid pulse, dizziness or a sharp drop in blood pressure. **Get emergency treatment as soon as possible.**



Magpies

Spring brings breeding season aka Magpie swooping season.

As we all know, the humble Magpie will stop at nothing to protect their nests and their young.

This is protective behaviour to ward off intruders or potential threats.

This behaviour isn't usual and Magpies who do display this behaviour may have experienced past trauma and/or harassment.

So, if you have to wander through a Magpie's territory, here's some tips that could help you minimise the risks of being swooped:

- Walk quickly, but don't run
- Protect your head with an umbrella or helmet
- Wear glasses or sunglasses to keep your eyes safe
- Keep facing the magpie or its nest as you move away
- Move in a group, as magpies are more likely to target individuals



HAY FEVER TRIGGERS

SEASONAL

- POLLEN
- GRASSES
- TERPENES
- PHENOLICS
- TREES



PERENNIAL (YEAR-ROUND)

- DUST MITES
- MOULD
- STORAGE MITES
- DUST
- PETS

Hayfever

Hay fever, also known as allergic rhinitis, is a common condition that shows signs and symptoms similar to a cold with sneezing, congestion, runny nose and sinus pressures.

Despite its name, hay fever does not mean that a person is allergic to hay and has a fever.

As with other allergies, hay fever symptoms are a result of your immune system mistaking a harmless substance as a harmful one, and releasing chemicals that cause your symptoms!

If you are a person who is a hay fever sufferer and have severe symptoms —pop into the chemist and speak with the pharmacist about over the counter options or alternatively, come into PLAHS and discuss with our staff.



ALCOHOL

Top 5 causes of alcohol-attributable death and hospitalisation for 14–17 year olds

<p><u>Males</u></p> <p>1 Road injury 56 Falls 26 2 Suicide 13 Assault 22 3 Pedestrian RI 11 Alcohol abuse 18 4 Assault 7 Road injury 16 5 Drowning 5 Pedestrian RI 3</p>	<p><u>Females</u></p> <p>1 Road injury 43 Alcohol abuse 37 2 Suicide 21 Suicide 18 3 Assault 12 Assault 11 4 Pedestrian RI 9 Falls 12 5 Drowning/Fire 7 Alcohol poisoning 6</p>
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An estimated 501 under-aged drinkers aged 14–17yrs died from alcohol-attributable injury and disease caused by risky/high risk drinking in Australia

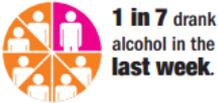
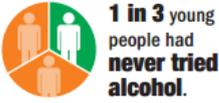
Alcohol and Young People (12-17yrs)

Fewer young people are choosing to drink alcohol.

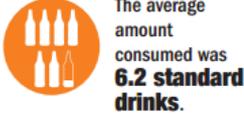
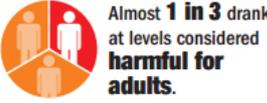


However, of those who drank in the last week, many are drinking at harmful levels.

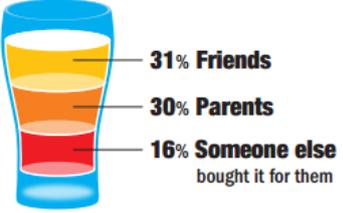
Research shows that approximately:



Of those who drank in the last week:



They mainly got their alcohol from:

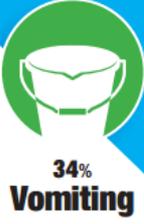


Drinking alcohol from a young age increases the risk of health problems.

- memory problems
- learning difficulties
- lack of concentration
- academic failure
- problems with family and friends
- risky sexual behaviour
- physical injury
- increased risk-taking
- anti-social behaviour
- poor mental health
- depression
- self-harm
- suicide

For under 18s, NO alcohol is the safest choice

Of young people who drank recently* behaviours included:



We all want to see our children reach their potential.

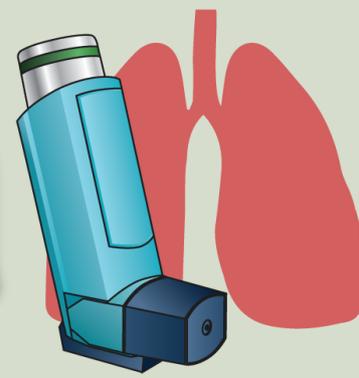
That's why no one should supply alcohol to under 18s.

The most common cause of death due to risky/high risk drinking among Australian teenagers is non-pedestrian road injury (i.e. passenger or driver of a vehicle). Suicide is the second most common account for over 90% of all deaths caused by drinking among teenagers. Fall and assault injuries are particularly common causes of hospitalisation for males. For females, alcohol abuse is the most common cause of alcohol-attributable hospitalisation.

Nationally, male alcohol-attributable death rates among 14–17 year olds are about 3.4 times greater than for females in this age group

Teenage males are three and a half times more likely than females to die from alcohol-attributable injury

Asthma



WHAT IS ASTHMA?

Asthma is a long-term lung condition. People with asthma have sensitive airways in their lungs which react to triggers, causing a 'flare-up'. In a flare-up, the muscles around the airway squeeze tight, the airways swell and become narrow and there is more mucus. These things make it harder to breathe.

An asthma flare-up can come on slowly (over hours, days or even weeks) or very quickly (over minutes). A sudden or severe asthma flare-up is sometimes called an asthma attack.

One in nine people in Australia has asthma. It affects people of all ages. Some people get asthma when they are young; others when they are older. Asthma cannot be cured, but for most people it can be well controlled by following a daily management plan.

SYMPTOMS OF ASTHMA

A person's asthma symptoms can vary over time - sometimes they will have no symptoms, especially when their asthma is well-controlled. Symptoms often vary from person to person, but they are most commonly:

- ⇒ breathlessness
- ⇒ wheezing
- ⇒ tight feeling in the chest
- ⇒ continuing cough

Symptoms often occur at night, early in the morning or during/just after activity. They are caused by the narrowing of the airways.

If your asthma is well controlled, you should only have occasional asthma symptoms.

CAN ASTHMA BE CURED?

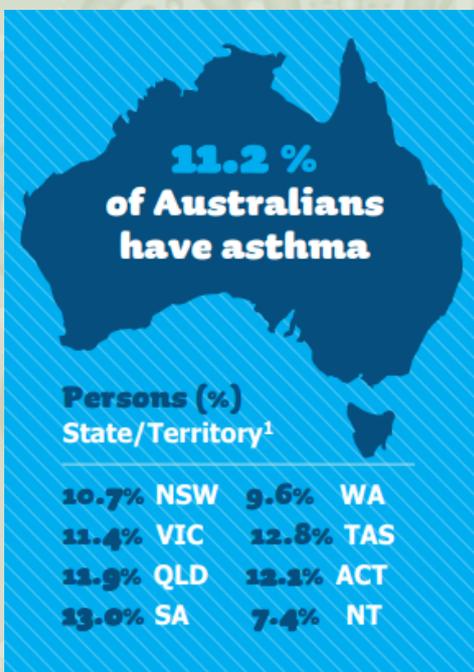
Asthma is some what controllable however it is a long term disease and has no cure.



When you have asthma, your airways are inflamed much of the time. This inflammation can make breathing difficult for three reasons:

- The inside lining of the airways swells inward. This narrows the space inside your airways.
- The muscles around the airways tighten. This tightening is called bronchospasm (or bronchoconstriction). Bronchospasm also narrows your airways.
- Your airways produce more mucus. Excess mucus clogs the airways, narrowing the space for air to pass through.

With your inflamed airways narrowed by swelling, bronchospasm, and excess mucus, air doesn't move as easily into and out of your lungs. It can be like trying to breathe through a narrow straw -- you have to work extra hard to get air in and out.





Sleep hygiene

What is Sleep Hygiene?

Sleep hygiene is a variety of different practices and habits that are necessary to have good night-time sleep quality and full daytime alertness.

Why is it important to practice good sleep hygiene?

Obtaining healthy sleep is important for both physical and mental health. It can also improve productivity and overall quality of life. Everyone, from children to older adults, can benefit from practicing good sleep habits

Need Help?

If you have tried all of the "Sleep Hygiene Tips", have kept a sleep diary and are still struggling to sleep after a few weeks, come into PLAHS and speak with our Counsellor or make an appointment to speak with a doctor.

Up to 35% of the Australian population have symptoms of a sleep disorder and haven't sought help

Sleep hygiene tips:



Get regular. Go to bed and get up at more or less the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.

Sleep when sleepy. Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.

Get up & try again. If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Avoid doing anything that is too stimulating or interesting, as this will wake you up even more.

Avoid caffeine & nicotine. It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.

Avoid alcohol. It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually interrupts the quality of sleep.

Bed is for sleeping. Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, pay bills, and other things, your body will not learn this connection.

No naps. It is best to avoid taking naps during the day, to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.

Sleep rituals. You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.

Bath time. Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.

No clock-watching. Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up and reinforces negative thoughts such as "Oh no, look how late it is, I'll never get to sleep".

Use a sleep diary. It is a good idea to use a worksheet to track your sleep but only use it for two weeks to get an idea of what is going and then perhaps two months down the track to see how you are progressing.

Exercise. Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!

Eat right. A healthy, balanced diet will help you to sleep well, but timing is important. Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack, but a heavy meal soon before bed can also interrupt sleep. Some people recommend a warm glass of milk, which contains tryptophan, which acts as a natural sleep inducer.

The right space. It is very important that your bed and bedroom are quiet and comfortable for sleeping. A cooler room with enough blankets to stay warm is best, and make sure you have curtains or an eye mask to block out early morning light and earplugs if there is noise outside your room.

Keep daytime routine the same. Even if you have a bad night sleep and are tired it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia

welcome



Welcome to Kyra Dudley as a casual Medical Receptionist within the Administration Team.



Welcome to Registrar Dr Natalie Pink. Dr Pink is available for appointments—please contact Reception to book in with her

**WE ARE
HIRING!**



0.5 FTE Professional Practice Nurse, ongoing

For the J&P and job advertisement please head over to the PLAHS website (www.plahs.org.au) or contact PLAHS Reception.

For more information about the position, or if you have questions please Senior Manager Client Services contact Margo MacGregor on 86830162 or email Margo.MacGregor@plahs.org.au

Let's talk about sex

**'RESPECT TEST'
STI SCREENINGS
CAN BE AS SIMPLE
AS A URINE
SAMPLE & BLOOD
TEST—SPEAK TO A
HEALTH WORKER
TODAY**

* RESPECT YOURSELF • RESPECT YOUR PARTNER > RESPECT YOUR MOB

Get a RESPECT TEST



ASK YOUR LOCAL GP OR ABORIGINAL COMMUNITY CONTROLLED HEALTH SERVICE FOR AN STI/HIV RESPECT TEST.

Photography by Max Coulson - Images on Eyre Photography.

Aboriginal Health Council of South Australia



PROTECTING YOURSELF:

Use a condom (or "rubber") every time for vaginal, anal, and oral sex. Condoms will help protect you from STIs much of the time. Both men and women should carry condoms.

In addition to condoms, use birth control foam, cream, or jelly. These kill many STI germs.

Talk to your partner about past sex partners and about needle drug use. Don't have sex with someone who you think may have an STI.

Before you have sex, look closely at your partner for any sign of an STI – a rash, a sore, redness, or discharge. If you see anything you are worried about, don't have sex!

Get checked for an STI every time you have an Adult Health Assessment. If you have more than one sexual partner, get examined for an STI any time you think you might be at risk, even if you don't have symptoms.

Know the signs and symptoms of an STI.

If you notice a symptom that worries you, get checked out!

If you have an STI, your partner(s) must get treated when you do.

If you have an STI, don't have sex until your doctor says you're cured.

ANNUAL 6 WEEK SEXUAL HEALTH COMMUNITY SCREENING

For chlamydia, gonorrhoea and trichomonas + syphilis and hepatitis B
From September 13 – October 22 2021

Aboriginal Health Services across South Australia are participating to promote STI screening during September and October

Chlamydia, gonorrhoea and trichomonas are common infections - it's important that people who are sexually active get tested

Ask for an STI test at your local health service today!

FREE AND CONFIDENTIAL TESTING AVAILABLE AT ABORIGINAL HEALTH SERVICES ACROSS SOUTH AUSTRALIA

ASK A HEALTH WORKER FOR YOUR FREE CONFIDENTIAL 'RESPECT TEST' TODAY

Community

Garden



**BEGINNING 11:00AM THURSDAY 30TH SEPTEMBER 2021 AT PLACC
(LOCATED NEXT TO THE OLD KUJU ARTS BUILDING)**

Would you like to join the Community Garden to grow your own vegetables, fruit and bush foods.

PLAHS SEWB and Chronic Conditions Teams have joined together to do up the old PLACC garden for community members to grow their own food.

We want the community to have a safe place where they can come together to grow food and get to know and support each other, where they can grow and access fresh, nutritious and locally grown food which can help reduce family expenditure on food and supplement the family/individual's fresh food supply.

Contact Christina and Maryanne at PLAHS on 8683 0162 for more information.



FREE!

STOP SMOKING IS
everybody's BUSINESS



FREE 2022 Calendar

Would you like a **FREE** 2022 Puyu Wanti Youth Ambassador Calendar????

WAS THAT A YESSSSSSS!!!!!!!!!!!!!!????

Contact Warren at PLAHS on 8683 0162 to ask for one today and be the early bird in preparation for 2022.

BE BUSHFIRE READY.

If you live, work or travel where bushfires may happen, you must:

Prepare

weeks and months before the bushfire season

You must make important decisions and preparations before the season starts.

- Know and understand your bushfire risk.
- Prepare yourself, your family, your house and business.
- Prepare and practise a written **Bushfire Survival Plan**.

Act

on the daily Fire Danger Ratings

The higher the Fire Danger Rating, the more dangerous the conditions.

Be prepared to act without receiving an official warning.

- Know the daily Fire Danger Rating for your area and what you need to do.
- Stay alert to your surroundings and stay informed.
- Act decisively the moment you know there is a fire in your area.
- Put your written **Bushfire Survival Plan** into action.

Survive

during a bushfire

Your survival and safety depends on the decisions you make.

The safest place to be is away from the fire.

- Monitor conditions and keep up-to-date.
- Know what the different warnings mean
- Know what to do if you are caught by fire with little or no warning.
- Make decisions and take action to protect you and your family.

~~UNPREPARED~~

THE THREAT OF BUSHFIRE IS REAL. SIMPLE STEPS TO PROTECT YOUR HOME CAN KEEP YOU SAFE THIS SUMMER

1. Mow long grass around your home

2. Clear flammable undergrowth away from your property

3. Prune overhanging branches away from your home

4. Clean up everything that will burn from around your home

5. Clean out flammable leaves and debris from gutters

Useful pages from the CFS website - www.cfs.sa.gov.au

- ⇒ https://www.cfs.sa.gov.au/site/prepare_for_a_fire/bushfire_safer_places.jsp
- ⇒ https://www.cfs.sa.gov.au/site/prepare_for_a_fire/emergency_kits.jsp (bottom of the page is a fact sheet)
- ⇒ https://www.cfs.sa.gov.au/site/resources/fact_sheets.jsp
- ⇒ <http://www.cfs.sa.gov.au/simplethings/index.html>
- ⇒ https://www.cfs.sa.gov.au/site/warnings_and_incidents.jsp
- ⇒ https://www.cfs.sa.gov.au/site/warnings_and_incidents/stay_informed.jsp



To find out if your house is in the **Bushfire Safer Precinct** have a look at the map of Port Lincoln

****AREAS IN ORANGE ARE SAFER****

What is a GOOD Bushfire Plan?

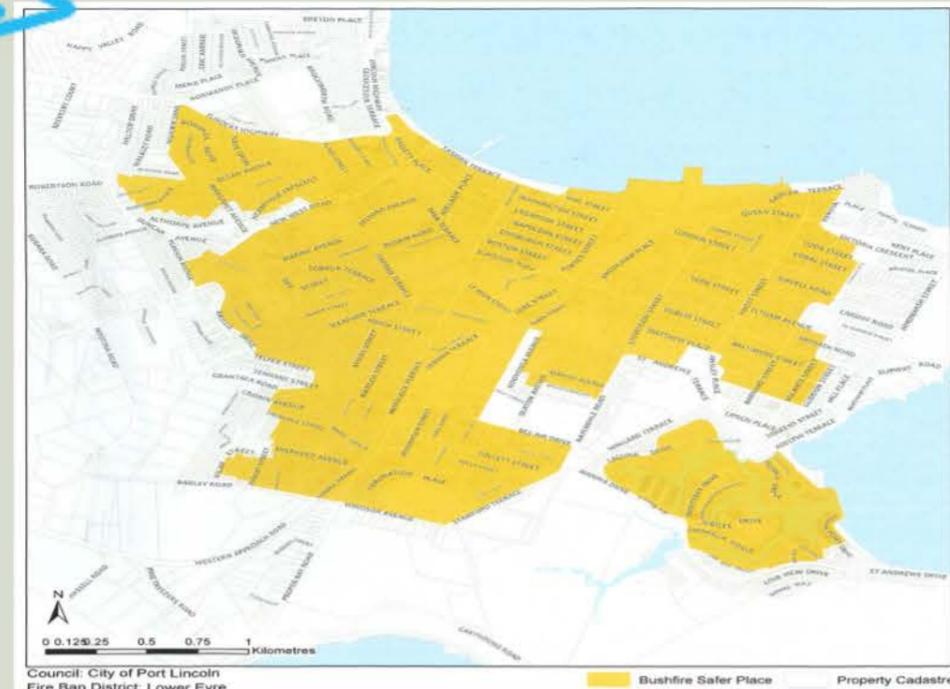
Thinking "I will leave early" is not enough. Your Bushfire Plan will help you take action and avoid making last minute decisions that could prove deadly during a bushfire.

A good plan:

- Is prepared well before the Fire Danger Season and reviewed each year
- Is written down, so that the details are to hand when you need them
- Has been practised, so you know how it will go on the day
- Is created with the whole family and covers everyone, including the young and elderly
- Includes what to do:
 - ⇒ Before the Fire Danger Seasons
 - ⇒ On a Total Fire Ban day
 - ⇒ During a Bushfire
 - ⇒ After a Bushfire
- Can adapt to unforeseen circumstances

REMEMBER:

Certain properties are **undefendable**, and certain fires **unsurvivable**.
Make sure you understand your capacity and the meaning of Fire Danger Ratings before making a decision to stay



Bushfire Survival: Relocation Kit

Bushfire Survival—Relocation Kit:

A relocation kit contains all the things of personal and practical value that you want to relocate to a safe place.

Prepare your relocation kit before the start of the fire season and store it in an easily accessible place. Consider storing it with family or friends who do not live in a fire prone area.

The kit could include:

- ⇒ Protective clothing for each family member
- ⇒ Business records
- ⇒ First aid kit
- ⇒ Infant supplies
- ⇒ Woollen blanket for each person
- ⇒ Packaged foods, drinks, dried foods
- ⇒ Drinking water
- ⇒ Battery operated radio
- ⇒ Torch
- ⇒ Photos, videos and personal treasures
- ⇒ Documents such as diaries and address books
- ⇒ Computer software and backup
- ⇒ Pet food, leash, drink bowls
- ⇒ Medications for family and pets
- ⇒ Mobile phone charger
- ⇒ List of essential phone contacts
- ⇒ Insurance documents, passports, license, banking details and other certificates

When packing your car, as part of your leave early plan, along with the relocation kit you could also include:

- ⇒ Your computer
- ⇒ Masks
- ⇒ A bag of extra clothing for each family
- ⇒ A favourite item for each child
- ⇒ gloves
- ⇒ toiletries
- ⇒ A pet box with pet
- ⇒ A shovel



CHECK OUT THESE LINKS FOR OTHER HELPFUL INFORMATION ON THE CFS WEBSITE!!!

GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



headspace

National Youth Mental Health Foundation

MENTAL HEALTH IS LIKE A TREE

To stay strong and healthy it needs looking after. You need to take care of the roots of the tree for it to grow tall and stand strong.



SPIRITUAL

TRIBUTES CULTURE ELDERST
IDENTITY LANGUAGE
COUNTRY CEREMONY PRIDE
BELIEFS LANGUAGE TOTEMS
ABORIGINALITY TRADITION
SACRED DREAMING LORE

MENTAL AND EMOTIONAL

HEALTHY HEADSPACE
POSITIVE THINKING RESILIENCE
FEELING DEADLY STRONG
SUPPORT THOUGHTS
HEALING FEELINGS

FAMILY

FRIENDS
AUNTIES AND UNCLES
KINSHIP PARENTS
BELONGING SUPPORT
SAFE PLACE MOB
CLAN ROLE MODELS

PHYSICAL

HEALTHY BODY
EXCERCISE GOOD SLEEP
SPORT GOOD TUCKER
HEALTHY LIFESTYLE
LOOKING DEADLY DANCE
FISHING HUNTING

Adapted from Menzies School of Health Research – Aboriginal and Islander Mental Health Initiative.

YOU MIGHT NOTICE CHANGES

When we've got a lot going on we can feel sad, weak, tired, stressed and angry. Everybody has these feelings when life is tough, but when these feelings go on for a long time it can weaken our body, mind and spirit. When this happens, there are some changes you might notice, like:

- Feeling sad inside and no interest in doing things
- Feeling like everything is an effort
- Wanting to be alone
- Not eating good tucker
- Not being able to sleep
- Feeling nervous or jumpy
- Feeling guilt or shame
- Being so sad nothing can cheer you up
- Crying and you don't know why
- Having trouble focusing or remembering things
- Having too much alcohol, gunja/yandi and other drugs
- Having bad thoughts or thinking of dying



YOU CAN KEEP YOURSELF STRONG BY

- Yarn with friends and family about what's going on
- Getting enough sleep
- Eating good, healthy tucker
- Staying connected with family and friends who give you strength and support
- Practicing culture through local totems and stories
- Spend time with local Elders to learn history, go on country, and learn art and crafts
- Reconnecting with country by going camping, hunting, fishing, swimming or surfing
- Taking time out for yourself to do things you enjoy like a hot bath, bush walk or drawing
- Making healthy choices and good changes
- Setting yourself goals
- Staying connected to your physical body by playing sports, music or dancing

Having ways to practice culture, language, and spiritual beliefs can make you feel proud and keep your spirit strong and your mind positive and resilient. Sometimes your community isn't on traditional country but you can still get involved in Aboriginal and Torres Strait Islander culture by sharing stories with local Elders and discovering local history.



LOOK AFTER YOURSELF

If you have noticed a change in yourself or a friend, it can be helpful to yarn with someone.



AGED 12-25? HOW HEADSPACE CAN HELP

headspace is your space to yarn safe. **headspace** can help you or a friend with any problems you have with; physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

headspace has centres where you can yarn to someone face-to-face, or you can contact our online and telephone support service, eheadspace.org.au or 1800 650 890. Remember, if you or a friend have a big worry and need urgent medical help, you need to call 000 straight away.

FIND OUT MORE AT WWW.YARNSAFE.ORG.AU

 **headspace** would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



headspace

National Youth Mental Health Foundation

STRESS AND PRESSURE

Stress can come from many things and cause all sorts of problems.



STRESS CAN COME FROM

FEELING DISCONNECTED
 RELATIONSHIPS **MONEY**
 YOUR BODY **JOBS** SORRY BUSINESS
 BULLYING **GRIEF** **SCHOOL**
UNIVERSITY DRUGS AND ALCOHOL
 COMMUNITY JUDGEMENT
 TRYING TO MEET YOUR OWN EXPECTATIONS RACISM
RESPONSIBILITY TO FAMILY FIGHTING WITH FAMILY AND FRIENDS
 DISCRIMINATION **INTERGENERATIONAL TRAUMA**
 FAMILY EXPECTATIONS HAVING TO SUPPORT YOUR MOB
 BRINGING HOME MONEY TO SUPPORT THE FAMILY **WORK**
 DEALING WITH OTHER PEOPLE'S PROBLEMS

STRESS CAN CAUSE

BAD THOUGHTS
 FEELING SAD INSIDE **FEELING LONELY**
 BLAMING YOURSELF FOR THINGS EVEN IF IT'S NOT YOUR FAULT
 WANTING TO BE ALONE ALL THE TIME
STAYING AWAY FROM MOB
FEELING LIKE EVERYTHING IS A HASSLE
 FAMILY CONFLICTS QUICK TO GET WILD
FEELING TIRED AND FED UP
 THINKING THE WORLD IS AGAINST YOU
FEELING LIKE NO ONE UNDERSTANDS
 BEING UNABLE TO THINK PROPERLY OR MAKE GOOD CHOICES

BE A YOUNG LEADER

Find good ways to cope when feeling stressed out and show your mob that it's ok to yarn to someone when you have lots of stress and pressure. There's no shame in talking it out.



WORRY ME NOT

Everyone has worries in their life but it becomes a problem when your worrying goes on for a long time. It's important to look after yourself so you can overcome your worries and feel strong in your mind, body, spirit and culture.



SPIRITUAL

VISIT COUNTRY
RIVER, BUSH OR
SOMEWHERE PEACEFUL
RELAX AND CHILL
SIT UNDER A TREE TO
BE WITH NATURE

MENTAL AND EMOTIONAL

WATCH MOVIES THAT
MAKE YOU LAUGH
DRAW AND PAINT
WRITE POEMS, SONG LYRICS
OR THOUGHTS IN A DIARY

FAMILY

YARN WITH YOUR MOB
CHILL WITH YOUR FRIENDS
**STAY INVOLVED WITH
FAMILY, FRIENDS,
COMMUNITY**
MOB AND CULTURE

PHYSICAL

**PRACTICE BREATHING
AND RELAXATION EXERCISES**
LISTEN AND SING ALONG TO MUSIC
AVOID ALCOHOL AND DRUGS
TRY TO GET MORE SLEEP
BE ACTIVE AND DO PHYSICAL ACTIVITY
EAT GOOD TUCKER

Adapted from Menzies School of Health Research – Aboriginal and Islander Mental Health Initiative.

LOOK AFTER YOURSELF

If you have noticed a change in yourself or a friend, it can be helpful to yarn with someone:



AGED
12-25?

HOW HEADSPACE CAN HELP

headspace is your space to yarn safe. **headspace** can help you or a friend with any problems you have with; physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

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headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



STOP THE SPREAD

STAY STRONG

WHAT IS COVID-19 (CORONAVIRUS)?

COVID-19 IS AN
ILLNESS CAUSED BY THE
CORONAVIRUS. IT CAN
BE VERY DANGEROUS
FOR OUR COMMUNITY



WATCH OUT FOR THE SIGNS AND SYMPTOMS:



FEVER,
SWEATS &
CHILLS



SORE
THROAT



COUGH



RUNNY
NOSE



TIREDSNESS
OR FATIGUE



TROUBLE
BREATHING



LOSS OF
TASTE



LOSS OF
SMELL

IF YOU HAVE ANY OF THESE SYMPTOMS:

- Stay at home
- Phone your local health service, or the 24-hour **National Coronavirus Information Line on 1800 020 080**
- If you need urgent help, **call an ambulance on 000** or your local clinic

**KNOW THE SIGNS,
GET HELP EARLY.**

FURTHER INFORMATION

SA Government COVID-19 website
www.covid-19.sa.gov.au

AHCSA COVID-19 website
www.ahcsa.org.au

STOP THE SPREAD

STAY STRONG

CORONAVIRUS AND GOOD HYGIENE



CORONAVIRUS (COVID-19) IS SPREAD THROUGH CLOSE CONTACT WITH A PERSON WHO HAS THE VIRUS.

The virus can also be spread when droplets fall onto a surface like a table or door handle where you put your hands. If you touch these surfaces, and then touch your face, you could be exposed to the virus.

Stop the spread of coronavirus by washing your hands often with soap and running water, for at least 20 seconds. Alcohol based hand sanitiser can also be used.

Cover your cough or sneeze with a tissue or bended elbow, and put used tissues in the bin.

Try not to touch your eyes, nose and mouth.

Masks are not required to be worn by healthy people. They are only needed for health care workers or people with coronavirus or symptoms of the virus.



USE
TISSUES



PLACE
TISSUES
IN BIN



COUGH
OR SNEEZE
INTO
ELBOW



WASH
HANDS

FURTHER INFORMATION

SA Government COVID-19 website
www.covid-19.sa.gov.au

AHCSA COVID-19 website
www.ahcsa.org.au



STOP THE SPREAD

STAY STRONG

CLEANING AND CORONAVIRUS



**CORONAVIRUS
(COVID-19) IS
SPREAD THROUGH
CLOSE CONTACT
WITH A PERSON
WHO HAS THE VIRUS.**

The virus can also be spread when droplets fall onto a surface like a table or door handle where you put your hands. If you touch these surfaces, and then touch your face, you could be exposed to the virus.

Clean surfaces like bench tops, light switches, door handles, and mobile phones regularly with disinfectant. Remember to wash your hands after cleaning.

Open doors or windows to let fresh air into the house.



CLEAN SURFACES



PLACE RUBBISH
IN BIN



WASH HANDS



OPEN WINDOWS

FURTHER INFORMATION

SA Government COVID-19 website
www.covid-19.sa.gov.au

AHCSA COVID-19 website
www.ahcsa.org.au



STOP THE SPREAD

STAY STRONG

SOCIAL DISTANCING PROTECTS OUR MOB



EVERYONE CAN HELP BY SOCIAL DISTANCING.

Follow restrictions in place for numbers allowed at social gatherings and other activities.

For current information on restrictions in place visit www.covid-19.sa.gov.au



DISTANCE
APART



STAY
AT HOME



SOCIAL
MEDIA



PHONE
CALLS



NO HANDSHAKES



FOOT BUMPS
ARE OK



DON'T
SHARE FOOD



DON'T
SHARE SMOKES

FURTHER INFORMATION

SA Government COVID-19 website

www.covid-19.sa.gov.au

AHCSA COVID-19 website

www.ahcsa.org.au



Government
of South Australia



Aboriginal Health Council
of South Australia Ltd.

our health, our choice, our way

STOP THE SPREAD

STAY STRONG

PROTECT
OUR ELDERS,
PROTECT OUR
CULTURE



**OUR ELDERS ARE AMONGST
THE MOST VULNERABLE TO
CORONAVIRUS (COVID-19)
ALONG WITH:**

- People with weaker immune systems due to pre-existing medical conditions such as asthma, diabetes, heart disease
- People who are already feeling sick or have the flu

**OUR ELDERS ARE LIVING
TREASURES, GUIDING US
AND HELPING TO KEEP
OUR CULTURES STRONG.
THEY'VE DONE SO MUCH
FOR US, LET'S GO THE
EXTRA YARDS TO KEEP
THEM SAFE.**

- Keep your physical distance but not emotionally, reach out in other ways to show you care.
- Let's keep connected and look out for our Elders during this difficult time.



SHOW YOU CARE

FURTHER INFORMATION

SA Government COVID-19 website
www.covid-19.sa.gov.au

AHCSA COVID-19 website
www.ahcsa.org.au

PFIZER COVID-19 VACCINE

GETTING VACCINATED



A COVID-19 vaccine is the best way to protect you, your family and community.

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.

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

12+

The Pfizer COVID-19 vaccine is available for all people aged 12 years and over, who have not already received their first dose of AstraZeneca.

**Pfizer
vaccine**



You must receive two doses of the Pfizer vaccine, **21 days** apart, for it to be effective.



If you would like to get your flu vaccine as well, you must wait **7 days** between getting the flu vaccine and COVID-19 vaccine.



Talk to your doctor before you get vaccinated if you:

- are breastfeeding or are pregnant
- have had COVID-19 before
- have any allergies, anaphylaxis or heart-related conditions
- are taking medicines that thin your blood
- are immunocompromised.



SIDE EFFECTS/REACTIONS

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. Generally, they don't last longer than two days and you recover without any problems.

COMMON SIDE EFFECTS

Some **common side effects** of the Pfizer vaccine are:



pain, redness and/or swelling where you had the needle



tiredness



headache



sore muscles or joints



fever and chills.



If you have any side effects that are bothering you, you can take a simple painkiller like paracetamol or ibuprofen.

VERY RARE SIDE EFFECTS



Some **very rare and very mild cases** of myocarditis and pericarditis have been seen **within 10 days** after the Pfizer COVID-19 vaccine.

Effects on the heart from COVID-19 infection are much more common and usually more severe than the rare effects from vaccination.

Seek medical attention if you experience any of the signs of myocarditis or pericarditis, particularly if within 1-5 days of vaccination:

- chest pain or pressure
- feeling an uneven heartbeat
- falling down or fainting
- having trouble breathing.



Side effects are usually temporary and pass with rest, however some patients may require medical treatment in hospital.

WHEN TO CALL YOUR DOCTOR



If you are worried about a side effect that lasts more than 2 days.

If you have a side effect that starts more than 3 days after your vaccination.



Allergic reactions or anaphylaxis are **extremely rare**, and usually happen within 15 minutes.



Signs of an allergic reaction include:

- having trouble breathing
- wheezing
- feeling a very fast heartbeat
- swelling of the face, mouth, tongue or throat
- falling down or fainting.



Call Triple Zero (000) straight away if you have an allergic reaction.

FOR MORE INFORMATION:

- Visit the SA Health website covidvaccine.sa.gov.au
- Use the **COVID-19 Vaccine Side Effect Checker** if you are worried about how you feel
- Call 000 in an emergency
- **SA COVID-19 Information Line 1800 253 787**

ASTRAZENECA COVID-19 VACCINE

GETTING VACCINATED



A COVID-19 vaccine is the best way to protect you, your family and community.

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.

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

60+

The AstraZeneca COVID-19 vaccine is recommended for people 60 years and older.

You should not have the AstraZeneca vaccine if you have a health condition that causes serious blood clots. Speak to your doctor if you do.

**AstraZeneca
vaccine**



You must receive two doses of the AstraZeneca vaccine, **3 months (12 weeks)** apart, for it to be effective.

You should have your second dose of AstraZeneca if you have already had your first dose of AstraZeneca without any side effects.



If you would like to get your flu vaccine as well, you must wait **7 days** between getting the flu vaccine and COVID-19 vaccine.



Talk to your doctor before you get vaccinated if you:

- are breastfeeding or are pregnant
- have had COVID-19 before
- have any allergies or anaphylaxis
- are taking medicines that thin your blood
- are immunocompromised.

SIDE EFFECTS/REACTIONS

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. Generally, they don't last longer than two days and you recover without any problems.

Some **common side effects** of the AstraZeneca vaccine are:



pain, redness and/or swelling where you had the needle



tiredness



headache



sore muscles or joints



fever and chills.



If you have any side effects that are bothering you, you can take a simple painkiller like paracetamol or ibuprofen.

VERY RARE SIDE EFFECT

There is a **very rare side effect** called **thrombosis with thrombocytopenia (TTS)** involving blood clots. These side effects below generally occur 4-30 days after getting an AstraZeneca vaccine and may be signs of TTS:

- a bad headache or bellyache that doesn't go away for a long time, even with pain medication
- blurred vision
- difficulty talking
- feeling unusually tired and confused
- a seizure (a 'fit')
- shortness of breath
- chest pain
- swelling in your leg
- numbness, tingling in arms and/or legs
- tiny blood spots under the skin, not near where the needle went in.

WHEN TO CALL YOUR DOCTOR

- If you are worried about a side effect that lasts more than 2 days.
- If you have a side effect that starts more than 3 days after your vaccination.
- Allergic reactions or anaphylaxis are **extremely rare**, and usually happen within 15 minutes.
- Signs of an allergic reaction include:
 - having trouble breathing
 - wheezing
 - feeling a very fast heartbeat
 - swelling of the face, mouth, tongue or throat
 - falling down or fainting.



Call Triple Zero (000) straight away if you have an allergic reaction or think you may have TTS.

FOR MORE INFORMATION:

- Visit the SA Health website covidvaccine.sa.gov.au
- Use the **COVID-19 Vaccine Side Effect Checker** if you are worried about how you feel
- Call 000 in an emergency
- National COVID-19 Helpline: **1800 020 080**

TO BOOK YOUR APPOINTMENT, visit covidvaccine.sa.gov.au or call **1800 253 787**.

COVIDVACCINE
.sa.gov.au

COVID-19: Lockdown vs. Quarantine

Everyone in South Australia is in **lockdown** to stop the spread of COVID-19.

People with COVID-19 visited places called '**exposure locations**' and could have spread the virus. If you have been to an exposure location, you must follow the instructions on the SA Health website.

Check sahealth.sa.gov.au/covidcontacttracing every day for new exposure locations.

The website will tell you if you and your household must stay in lockdown or switch to **quarantine**.

WHAT IS LOCKDOWN?

This means:



Choose only 1 house to stay in during lockdown



No visiting friends or family



Wear a mask when you leave the house

THE ONLY REASONS YOU CAN LEAVE YOUR HOUSE:



WORK, if you are an essential worker and you cannot work from home



CARE AND CARE GIVING, if you need someone to look after you or you need to look after someone else



SHOPPING FOR IMPORTANT THINGS, like food and essentials



EXERCISE, but only for 90 minutes a day, and only with people you're living with



MEDICAL CARE, including getting a COVID-19 test or getting vaccinated.

For information on current activity restrictions and directions, visit covid-19.sa.gov.au

WHAT IS QUARANTINE?

If you have been to a **COVID-19 exposure location**, you may be required to quarantine.

The SA Health website will tell you if **others in your household** also need to quarantine:



IF YES: they must also follow the below rules.



IF NO: you must stay in a different room and have no contact with them.

This means:



Stay in quarantine for 14 days



No visitors at home

DO NOT go out to public places (shops, work, school, church, parks)



Shop online or have family / friends deliver what you need. Wait until they leave to open the door.

THE ONLY REASONS YOU CAN LEAVE YOUR HOUSE:



COVID-19 TESTS on days 1, 5 and 13 at drive through testing stations



URGENT MEDICAL CARE

IMPORTANT: SA Health may not contact you to tell you quarantine. This is because there are too many places and people to contact.

Do the right thing and keep checking the website for advice: sahealth.sa.gov.au/covidcontacttracing