COVID-19 Support in Brimbank

How can we help support you during the pandemic?

Support is available for Brimbank residents and businesses from the Victorian Government, Council and community organisations.

For more information visit: **brimbank.vic.gov.au/emergency-information/covid-19**

Translated information

Information about COVID-19, health, restrictions, support and vaccination is available in many languages: **coronavirus.vic.gov.au/translated-information-about-coronavirus-covid-19**

We can help provide available videos, fact sheets, flyers, posters, audio recordings, newsletters, social media and website content for community organisations.

Email: **emergencymanagement@brimbank.vic.gov.au**

Pandemic Connector Program

Monday to Friday from 9am to 5pm, Brimbank's Pandemic Connector Program can provide:

- Temporary food relief
- Culturally appropriate food options
- Face masks and other essential items

If it is hard to get to your vaccine appointment we can help. We will support you with COVID-safe ways to get there.

Call **9249 4744** or email **emergencymanagement@brimbank.vic.gov.au**

Emergency Relief

If you need to isolate or quarantine due to COVID-19 you may request a relief package containing essential food and personal care items delivered by the Australian Red Cross.

This service can be contacted 24 hours a day, 7 days a week by calling the Coronavirus Hotline on **1800 675 398** and selecting Option 4.

Financial Support

Information on Government financial and other support is available at **coronavirus.vic.gov.au/support**

COVID-19 Advice

Getting Tested

Getting tested helps to track the spread of the virus and keeps your loved ones safe

Please get tested

- If you have any symptoms of illness and stay at home until you get your results
- If you have visited a current exposure site, even if you don't have symptoms

Symptoms of COVID-19 can include:

Fever	Chills or sweats	Runny nose	Loss of sense of smell
Sore throat	**Cough**	**Shortness of breath**	

Stay up-to-date on exposures sites
coronavirus.vic.gov.au/case-alerts-public-exposure-sites

For a full list of testing locations in Victoria
coronavirus.vic.gov.au/where-get-tested-covid-19

Always check in using your QR Code App

- Download the Service Victoria App: **service.vic.gov.au/check-in**
- Use the app to scan the QR code when entering shops, buildings or workplaces

COVID-19 Vaccination

COVID-19 vaccination is important for you, your family and your community

- COVID-19 vaccines help prevent people getting COVID-19
- Vaccination prevents transmission and will slow down the spread of the disease

COVID-19 vaccines can help us get back to doing the things we enjoy

- Having quality time with our friends and families
- Having our business and shops open
- Working with less restrictions
- Moving around freely

We need the vaccine to reduce the number of cases and stop the virus from changing

COVID-19 vaccines available in Australia are approved by TGA (Therapeutic Goods Administration)

- After rigorous testing they are deemed safe and effective
- COVID-19 vaccines do NOT contain COVID-19 virus
- There is a COVID-19 vaccine available that is safe if you are pregnant or breastfeeding.

COVID-19 vaccination is available to the whole community

- The vaccine is free for everyone living in Australia. You do not require a Medicare card
- Everyone in Australia aged 12 years and over is eligible for a free COVID-19 vaccination. You will get 2 doses of the same vaccine.

Booking your vaccination

There are available vaccinations and appointments now.

Find available vaccination appointments:

- Doctors: **healthdirect.gov.au**
- Pharmacies: **findapharmacy.com.au**
- Vaccination centres: **portal.cvms.vic.gov.au**
- Coronavirus hotline: **1800 675 398** (press 0 for an interpreter)
- Vax Pop Ups: **brimbank.vic.gov.au/COVIDvax**

Possible side effects

- The COVID-19 vaccine can have some side effects. These are usually mild, and only last for 1 or 2 days. Common side effects are a sore, red or itchy arm, mild chills, headache, joint pain or fatigue
- Serious side effects are rare. If you are unwell after your vaccination, seek medical care
- The very low risks of serious side effects from the vaccine far outweigh the risks of getting seriously sick or dying from COVID-19.

Easy actions to help you stay safe

- Wash your hands regularly with soap or sanitiser
- Wear a face mask when required
  - Make sure it covers your nose and mouth
  - Masks help prevent the spread of infection and help protect you and your family
- Keep a safe distance
  - Stay 1.5 metres away from people you do not live with
  - Stay 1.5 metres away from other people when in shops, crowded spaces, parks and workplaces

Always get accurate information

This will help you make the right decision. Always refer to reliable sources of information and facts.

- **coronavirus.vic.gov.au**
- **health.gov.au**
- **who.int**

This information is sourced from Federal and State Government Department websites and of public documents

To request a copy of this information in your language please contact **9249 4744** or email **emergencymanagement@brimbank.vic.gov.au**