

COVID-19 TOOLKIT

A fortnightly update for all people living with HIV in NSW

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THEME

This edition's theme is all about slouching towards the COVID19 vaccine – the science, the politics, the funding. Please email content or feedback to contact@positivelife.org.au

Friday 25 September 2020

Positive Life NSW COVID-19 Toolkit is an update of practical resources, tools and strategies for people living with HIV in NSW, our supporters and associates who are affected by HIV, as well those who work in the NSW HIV sector.

POSITIVE LIFE NSW COVID-19 RESPONSE

NEW **SOCIAL SUPPORT GROUP:** Peers Connect Online! welcomes all people living with HIV (PLHIV) in NSW regardless of gender or sexuality. RSVP Essential. / [Thurs 1 October, 6pm-7.30pm AEST, Positive Life NSW](#)

NEW **BLOG POST:** Travelling to and settling in Australia can be more complex when HIV is along for the ride. Find out how Positive Life NSW can help make this journey easier. / [Positive Life NSW](#)

CO-DESIGNED NEEDS ASSESSMENT: Calling all NSW-based Aboriginal and Torres Strait Islander mob living with HIV or at risk of HIV. Let's have a yarn about HIV! Call Michelle on (02) 9206 2177 or 1800 245 677 (freecall) or contact@positivelife.org.au / [Positive Life NSW](#)



HEALTH

If you have severe difficulty breathing call triple zero (000) immediately.

National COVID19 Triage Hotline 1800 020 080

ONLINE RESOURCE: Coronavirus Symptom Checker. / [HealthDirect](#)

ONLINE RESOURCE: News and information about Coronavirus in your language. / [SBS](#)

#COVID19 UPDATES: Latest Coronavirus updates and health statistics. / [NSW Health](#)

TESTING: Find your nearest testing centre in NSW. / [NSW Government](#)

NEW MEDIA RELEASE: \$2 billion to extend critical health services across Australia. / [Australian Government](#)

NEW OPINION: Are you suffering from 'COVID brain'? You're not alone. Although it is not solely stress creating our general feeling of brain malaise, lockdown has its own disorienting quality. / [SMH](#)

NEW HEALTH: The coronavirus is mutating, just like most viruses, but the effect isn't as pronounced as some headlines suggest. / [ABC News](#)

NEW HISTORY: A short history of vaccination campaigns in Australia and what we might expect with COVID19. / [ABC News](#)

NEW OPINION: COVID19 has been a stark reminder of the importance of the social determinants of health, and the need to prioritise support for marginalised individuals and groups in our community. / [MONASH](#)

NEW RESEARCH: Study looks at the impact of the COVID19 pandemic on the health and wellbeing of adult Australians. / [Southern Highland News](#)

NEW OPINION: Have I already had coronavirus? How would I know and what should I do? / [The Guardian](#)

NEW HEALTH: Amid coronavirus, telehealth has been a game changer for patients — but GPs want their gap fees back. / [ABC News](#)

NEW HEALTH: Face shields ineffective at trapping aerosols, says Japanese supercomputer. / [The Guardian](#)

NEW SCIENCE: The lasting misery of COVID19 long-haulers. Months after infection with SARS-CoV-2, some people are still battling crushing fatigue, lung damage and other symptoms of 'long COVID'. / [Nature](#)

NSW HIV SECTOR SERVICES INFORMATION

What's available, opening times and access options for people living with HIV and HIV sector personnel.

[Are your service details up-to-date?](#)



POLICY & REPORTS

NEW REPORT: A comprehensive survey of Australians' attitudes towards key privacy issues, their experiences and perspectives on the use and misuse of personal data, and actions taken to protect their privacy. / [OAIC](#)

NEW SURVEY ANALYSIS: A global survey of more than 10,000 people in 38 countries suggests the COVID-19 pandemic has disrupted women's lives significantly more than men's. / [Third Sector](#)

NEW REPORT: Australia's community sector and COVID19. Supporting communities through the crisis. / [ACOSS](#)

REPORT: Settlement Services International has found that community leaders and representatives of grassroots associations are a vital asset serving as ambassadors in keeping newcomers and other diverse communities COVID19 safe and are stepping up in community-led and peer-to-peer ways. / [Settlement Services International](#)

NEW REPORT: Go for zero. How Australia can get to zero COVID19 cases. / [Grattan Institute](#)

NEW REPORT: Mental health problems and social media exposure during COVID19 outbreak. / [Fudan University](#)

NEW REPORT: Coming out of COVID19 lockdown: the next steps for Australian health care. Australia has not yet won the battle against COVID19, and coming out of lockdown risks a second wave of infections. / [Grattan Institute](#)

WORLD NEWS

NEW CANADA: Trudeau warns COVID19 cases are climbing higher, a setback that follows the country's success in flattening the curve earlier in the pandemic. / [Politico](#)

NEW FRANCE: Marseille furious at Paris decree to shut its bars as coronavirus soars. / [The Guardian](#)

NEW ISRAEL: Prime Minister Benjamin Netanyahu has announced the government will impose a three-week lockdown following a major resurgence in coronavirus cases. / [Axios](#)

NEW ROME: How Italy snatched health from the jaws of death. Those who used to scoff at its mismanagement should take note of Rome's strategy for defeating COVID19. / [Foreign Policy](#)

NEW UNITED KINGDOM: Younger women 'bearing brunt' of second wave of COVID19. Figures show big rise in number of women aged 20 to 40 admitted to hospital. / [The Guardian](#)

NEW IRAN: Health ministry reports 175 deaths and 3,521 new cases, while President Rouhani considers reimposing restrictions. Iran anticipates 'third wave' as COVID19 deaths pass 25,000. / [Aljazeera](#)

NEW EUROPE: How it all went wrong (again) in Europe as second wave grips continent. / [9 NEWS](#)

NEW SWEDEN: Has Sweden beaten coronavirus with herd immunity? / [The Australian](#)

SLOUCHING TOWARDS A VACCINE

Our theme is borrowed from Yeats' famous poem, "The Second Coming", also connected to the 1918–1919 flu pandemic. When Yeats's pregnant wife Georgie Hyde-Lees caught the virus, death rates of the pandemic among pregnant women were up to 70%. Yeats wrote the poem while Georgie was convalescing. / [Wikipedia](#)

NEW SCIENCE: We know, from developing vaccines against other viruses, everyone's immune response to a vaccine can vary. Five ways our immune responses to COVID vaccines are unique. / [The Conversation](#)

NEW NEWS: Australians say health workers should get COVID jab first. / [ANU](#)

NEW WATCH: Vaccines and the immune response: how vaccines work. / [Youtube](#)

NEW NEWS: Vaccine experts 'surprised' over Government's 'optimistic' COVID19 vaccine rollout timeline. / [ABC News](#)

NEW LISTEN: When it finally comes time to roll out a coronavirus vaccine, the reality is that some people will have to go first. Here's who you think should get a vaccine first. / [ABC Podcast](#)

NEW SCIENCE: From adenoviruses to RNA: the pros and cons of different COVID vaccine technologies. With around 180 COVID19 vaccines being developed around the world, we can group them into five main types. / [The Conversation](#)

NEW SCIENCE: The global search for the COVID19 vaccine will likely produce more than one winner. / [ABC News](#)

NEW GOVERNMENT: The Australian Government has joined the COVAX facility, enabling the purchase of COVID19 vaccine doses as they become available. / [Australian Health](#)

NEW LISTEN: Why the wait for a vaccine might be longer than you think. / [ABC Podcast](#)

NEW OPINION: Vaccine Just over 100 years ago, a new strain of influenza infected a third of the world's population — but within just three years, the threat of this deadly flu had all but passed. How do pandemics usually end? And how will this one finish? / [ABC News](#)

NEW FUNDING: Australia's A\$123 million contribution to a global vaccine initiative, means if they pass clinical trials, Australians should have access to a wider pool of COVID19 vaccines. / [The Conversation](#)

NEW NEWS: If a COVID19 vaccine is found here's how long it will take to get to your GP. / [ABC NEWS](#)

NEW TRIALS: Halting the Oxford vaccine trial doesn't mean it's not safe – it shows they're following the right process. / [The Conversation](#)

NEW NEWS: A vaccine would normally take years, if not decades, to develop. Researchers hope to achieve the same amount of work in only a few months. / [BBC News](#)

NEW NEWS: COVID19 isn't the only infectious disease scientists are trying to find a vaccine for. Here are 3 others. / [The Conversation](#)

COMMUNITY SUPPORT

SEX WORKERS: Guidelines, harm reduction tips and strategies by & for sex workers. / [Red Book, Scarlett Alliance](#)

SEX WORKERS: COVID19 news, updates & resources for sex workers in NSW. / [SWOP NSW](#)

SUPPORT: Who you gonna call? a range of helplines and supports collected especially for people living with HIV during the COVID19 crisis. / [Positive Life NSW](#)

NEW SURVEY: Every year the Council of the Ageing (COTA) NSW surveys people over 50 around NSW about the policy issues that affect their everyday lives. The information gathered from these surveys inform their ongoing and future policy and advocacy activities. / [COTA](#)

NEW WSLHD YOUTH: Western Sydney Local Health District is seeking young people aged between 16 to 24 years who live, work, study or have used health services in Western Sydney to join its Youth Council. / [Community Connective](#)

**No equipment?
No worries!**



Mail order NSP available NOW

If you're self isolated or quarantined and need injecting equipment, don't put yourself at risk by reusing or sharing equipment. Instead, contact NUAA — we will mail you out however much you need of all sorts of injecting equipment (including speciality gear like wheel filters). Visit our website for more info about how COVID-19 might affect you as a person who uses drugs.



Ph: (02) 8354 7300 or freecall 1800 644 413 | visit nuaa.org.au

SOCIAL SUPPORT

NEW SOCIAL SUPPORT GROUP: Peers Connect Online! welcomes all people living with HIV in NSW regardless of gender or sexuality. RSVP Essential. / [Thurs 1 October, 6pm-7.30pm AEST, Positive Life NSW](#)

NEW SURVEY: The COVID19 pandemic in Australia: wellbeing and social determinants of health. / [University of Wollongong](#)

NEW WORLD MENTAL HEALTH DAY: 10 October, Make a promise to prioritise your own mental health and wellbeing at this time. / [Mental Health Australia](#)

NEW FREE ONLINE SUPPORT: Anxiety support group by WayAhead - Mental Health Association NSW. / [Eventbrite](#)

SUPPORT: Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide. Call 1300 659 467 or www.suicidecallbackservice.org.au

SURVEY: Have your say on an inclusive and accessible city for people with disability, people with mental health conditions, and carers. / [City of Sydney](#)

SURVEY: Recently diagnosed with HIV (since 2016)? Speak English as a second language? The [@KirbyInstitute](#) is looking for participants to interview as part of their RISE Study. To get involved, please contact Brent at bcifton@kirby.unsw.edu.au

SURVEY: How are you living with COVID19 restrictions in Australia. / [Monash University](#)

FOOD FOR THOUGHT @ COVID19

NEW SCIENCE: Your coronavirus antibodies may not last for long. Here's what that means. / [Mother Jones](#)

NEW NEWS: How the UK's homeless are coping during the pandemic. Kris is a Big Issue vendor and has been homeless for 10 years. With the streets of London almost empty, he can't sell his magazines and the Big Issue has been forced to rely on online donations. / [BBC News](#)

NEW OPINION: The cycles of infection we're watching with COVID19 are similar to patterns we've long seen in diseases like HIV and tuberculosis, where a successful suppression of infection rates is followed by funding cuts and the abandonment of vulnerable communities, allowing viruses and bacteria to make a comeback. / [Politico](#)

NEW OPINION: Australians' feelings around coronavirus depend on what state they're from. / [ABC News](#)

NEW SCAM: A new coronavirus scam targets people who've 'violated quarantine'. / [The Verge](#)

NEW OPINION: A coronavirus vaccine: China's got one, Russia does, too. Will Trump rush one out? / [The Bulletin](#)

NEW MEDICAL: Scientists are trying to explain why Kenyans seem to be dying of coronavirus at far lower rates than elsewhere in the world. / [Quartz](#)

NEW OPINION: Has Australia really had 60,000 undiagnosed COVID19 cases? / [The Conversation](#)

NEW OPINION: Rumours, fake news and conspiracy theories have spread faster and more easily than COVID19, forcing health experts to combat not just the pandemic, but an "unprecedented" epidemic of misinformation. / [Aljazeera](#)

NEW NEWS: Heroes in Harm's Way: COVID19 show sparks sexism debate in China. / [BBC News](#)

NEW OPINION: Iceland and New Zealand have many similarities. Both are small island nations, heavily reliant on tourism and currently led by young female prime ministers. Since the first COVID19 cases were identified in each country, both nations have taken different pathways in their COVID19 responses. What lessons can we learn from their journeys so far? / [The Conversation](#)

NEW SCIENCE: Scientists are working on vaccines that spread like a disease. What could possibly go wrong? / [The Bulletin](#)

POSITIVE LIFE NSW TREATMENTS SUPPORT

For HIV medication questions and support, including COVID-19 concerns, call (02) 9206-2177 or 1800 245 677 (freecall outside metro) Mon-Thurs or email contact@positivelife.org.au

Want to talk about your HIV and health?

Contact a Positive Life Treatments Officer
02 9206 2177 or 1800 245 677 (freecall)

PositiveLifeNSW
The voice of people with HIV since 1988

CULTURE / ART / BOOKS

FREE ONLINE EVENT: Sydney Living Museums is delighted to launch an exciting new online program, House Music at Your House, inspired by the sheet music collection at Rouse Hill Estate. / [Thurs 10 Sept to Thurs 31 Dec](#).

NEW ONLINE EVENT: Socially-distanced cooking classes from Sydney's queens of the preserve. Cornersmith is offering live Zoom classes where you can learn pickling, preserving, fermenting and more. / [Cornersmith](#)

ONLINE EVENT: Queerscreen Film Festival is embracing the new normal, with most of the fest online to stream on your telly, laptop, iPad or phone from September 17-27. Single tickets are \$12, or \$10 for Queer Screen members, or you can grab a bunch of multi-passes. / [Queerscreen Film Festival](#)

NEW POSTAL COMMUNITY ART PROJECT: Casula Powerhouse is offering the opportunity to participate in a community writing project called Bittersweet Postal Society. The project aims to connect people and to create beautiful poetry, inspired by the Bittersweet exhibition. / [Casula Powerhouse](#)

NEW ONLINE EVENT: Join in to delve into the data and learn about current public opinion on all things politics and COVID19 with the fortnightly Guardian Essential Report. / [Tues 6 Oct, 1pm to 2pm AEST](#)

FREE PERFORMANCE: Paul Capsis (Live). Streamed from the Joan Sutherland Theatre. / [On demand](#).

NEW ONLINE COMMUNITY EVENT: Sydney Contemporary presents 2020. 1-31 Oct / www.sydneycontemporarypresents.com.au

NEW FREE ONLINE PERFORMANCES: Beethoven Violin Concerto: Australian Chamber Orchestra and Richard Tognetti. / [ABC iView](#)

NEW FREE PERFORMANCE: The James Morrison Quartet is one of the world's most in demand jazz ensembles. Streamed from the Joan Sutherland Theatre. / [On demand from Fri 25 Sept, 8pm AEST](#)

NEW FREE ONLINE PERFORMANCES: 50 Australian playwrights send a postcard to the nation. Australian actors perform the monologues, including Jack Thompson, Miranda Tapsell, Helen Thomson, Danielle Cormack, Peter Carroll and Tasma Walton. / [Arts Centre Melbourne](#)

NEW FREE LIVE THEATRE: Keeping the curtain up. You will see performances from stars of the Australian stage including Reg Livermore AO, Jemma Rix, Hayden Tee, iOTA, Paul Capsis, Esther Hannaford, Eddie Perfect, Kate Ceberano AM and Genevieve Lemon. / [On demand until 31 Dec 2020](#)

NEW DOCUMENTARY: Andrew Graham-Dixon confronts the worlds of high art and organised crime to uncover the true story behind the greatest art heist of the 21st century. / [ABC iView](#)

NEW FREE ONLINE PERFORMANCES: Beethoven Violin Concerto: Australian Chamber Orchestra and Richard Tognetti. / [ABC iView](#)

LIVING & LEARNING

NEW ART: Art from Trash 2020, which is an exhibition organised by The Bower Reuse and Repair Centre that encourages the reuse of discarded materials in the production of amazing visual art is on Friday 2 October at the Parramatta Premises and on Friday 16 October at 107 Projects in Redfern, 6 pm. / [The Bower Reuse and Repair Centre](#)

NEW HOUSING: Family fearing homelessness after their landlord began calling in 'deferred rent' as Queensland's coronavirus eviction moratorium ends. / [ABC News](#)

NEW FINANCE NEWS: JobSeeker and JobKeeper reductions to test Australia's wobbly economic recovery amid coronavirus. / [ABC News](#)

NEW RENTING: Support measures for COVID19-impacted tenants and landlords will be extended until March next year, to support those affected by the financial fallout of the coronavirus pandemic. / [Domain](#)

NEW ENERGY: The Public Interest Advocacy Centre's Energy + Water Consumers' Advocacy Program has called out government plans to increase gas supply as risky, expensive and an ineffective way to help people and businesses struggling with high gas prices. / [PIAC](#)

NEW RESEARCH: Hard to reach: COVID19 responses and the complexities of homelessness. / [The Lancet](#)

NEW HOMELESSNESS: The moral and health arguments for housing people are clear, but many people are unaware of the financial cost we all bear for not fixing homelessness. / [The Conversation](#)

NEW WATCH: Welcome to Country? Jade Kennedy is a Yuin man from the Illawarra and South Coast of New South Wales. / [TEDxUWollongong](#)

NEW OPINION: Zoom fatigue and the new ways to party. Virtual-reality coffee shops and party-simulation apps are aiming to help you gossip and mingle more realistically online. / [The New Yorker](#)

NEW FINANCE NEWS: JobSeeker recipients fear push back under poverty line. / [ProBono News](#)

NEW FREE COURSE: An Introduction to Cryptography. Explore how code breakers and spies influenced cryptography and investigate the role it plays in modern secure communication. / [Coventry University & Institute of Coding](#)

POSITIVE LIFE NSW AGEING SUPPORT

Living with HIV in NSW, over 45 years and want a hand to make life a little easier? Call (02) 9206-2177 or 1800 245 677 (freecall) or email contact@positivelife.org.au

Positive Life NSW

Ageing Support



Supporting people living with HIV aged over 45, through the maze of aged care, disability, and healthcare services in NSW.

SECTOR SUPPORT

RACISM: The 'Let's Talk Race' guide is designed to assist organisations to conduct meaningful and productive conversations about racism. / [Australian Human Rights Commission](#)

ONLINE RESOURCE: Embrace Multicultural Mental Health is a free, nationally available framework which supports organisations and individual practitioners to evaluate and enhance their cultural responsiveness. / [Mental Health Australia](#)

NEW GUIDE: Damn good advice on creating a COVID19 safe workplace. / [Community Directors](#)

NEW OPINION: 7 questions to ask yourself if you're thinking of making a career change during COVID19. / [The Muse](#)

NEW GUIDE: How to take your AGM online. / [Community Directors](#)

NEW GUIDE: Working collaboratively with Aboriginal and Torres Strait Islander People: a guide to culturally safe practice. / [MHCC](#)

NEW FREE ONLINE EVENT: Helping clients understand work rights & common workplace problems. / [Thurs 1 October, 11am to 12.30pm AEST](#)

NEW JOB VACANCY: Community Projects & Partnership Officer (Aboriginal & Torres Strait Islander), Fairfield City Council. / [Community Connective](#)

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We acknowledge the traditional custodians of this land that we live and work on, and recognise, respect and value the deep and continuing connection of Aboriginal and Torres Strait Islander people to land, community and culture.

We pay our respects to Elders, Past, Present and Future.

Positive Life NSW
The voice of all people living with HIV