

COVID-19 TALKKIT

A communique for all people living with HIV in NSW

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FEEDBACK & COMMENTS

contact@positivelife.org.au

Friday 13 August 2021

Who could forget the [COVID-19 lockdown last year](#)? From the **12 March to the 1 May 2020**, all of us in NSW experience an extended COVID lockdown of the kind most of us had never experienced before. As restrictions were being lifted in November, by 17 December a stay-at-home advisory was issued for the Northern Beaches.

New Year's Eve celebrations were restricted in Sydney city, around the harbour and suburbs, and mandatory facemasks in many enclosed places in Greater Sydney came into force by 2 January 2021. With the Bondi cluster confirmed on the 16 June, [COVID lockdown restrictions were back by 19 July](#).

Positive Life has heard from a number of community members about your experience of lockdown this time. While some of us are managing this round of lockdown with surprisingly little impact, others have expressed surprise saying *"I thought I would be dealing with this, better than I am."*

We'd like to hear from you how you're coping with the lockdown or the news of COVID. What strategies or routines have you started to use to make things easier and what ways have you found useful to maintain your friendships, contacts and mental health?

Drop us an email on contact@positivelife.org.au or call and let us know on (02) 9206 2177 or 1800 245 677 to share some of your thoughts and comments in future editions of this Toolkit under your first name only.

THE LOCKDOWN BLUES

Unlike the 2020 lockdown, no one is posting pictures of their sourdough. Zoom cocktail parties have lost their novelty, Netflix can only release so many new series. The news seems worse every day, yet we compulsively scroll through it. We get distracted by social media, yet have a pile of books unread. We keep meaning to go outside but somehow never find the time. We're bored, listless, afraid and uncertain. [What is this feeling?](#)

RMIT ABC FACT CHECK

A partnership between RMIT University and the ABC combining academic excellence and the best of Australian journalism, [RMIT ABC Fact Check](#) offers you an informative, independent non-partisan voice that **tests the accuracy of claims made in the public domain** by politicians, public figures, advocacy groups and institutions claims. It checks claims which can be tested against available data at the time they were made.

Fact Check is an agenda-free zone; it fearlessly follows the facts no matter where they lead. Audience comment, feedback and suggestions are welcomed.



It's normal to have questions or concerns, and possibly feel a little hesitant about getting a COVID vaccine. When you're looking for more information to answer your questions or allay any concerns you might have, check out this NSW Health webpage to help you make an informed decision – [IS IT TRUE?](#)



NSW COVID-19 CHECK-IN CARD

The NSW Government is introducing a new **COVID-19 check-in card for anyone who doesn't have access to a smartphone.**

Launching **Friday 13 August**, the COVID-19 check-in card is a hard copy card with an encrypted, unique QR code that contains the person's registered contact details to assist NSW Health in contact tracing and tracking people who may have been exposed to the coronavirus in public places.

You'll be able to present this card for scanning at participating businesses to electronically check in.

You can apply for the COVID-19 check-in card by calling **Service NSW on 13 77 88** or by registering online at service.nsw.gov.au

You'll need to provide basic personal details such as your name and phone number.

The data will only be used by NSW Health for the sole purpose of COVID-19 contact tracing. Data will only be retained for 28 days, after which time it is destroyed.





Can Australian employers make you get a COVID-19 vaccine? Mostly not — but here's when they can

Joo-Cheong Tham, *The University of Melbourne*



40 Years of MTV: the channel that shaped popular culture as we know it

Adam Behr, *Newcastle University*

DISASTER SUPPORT PAYMENT NSW

The amount of [COVID-19 Disaster Payment - New South Wales](#) you can get depends on your situation. The COVID-19 Disaster Payment is tax free income and you don't need to include it in your tax return.

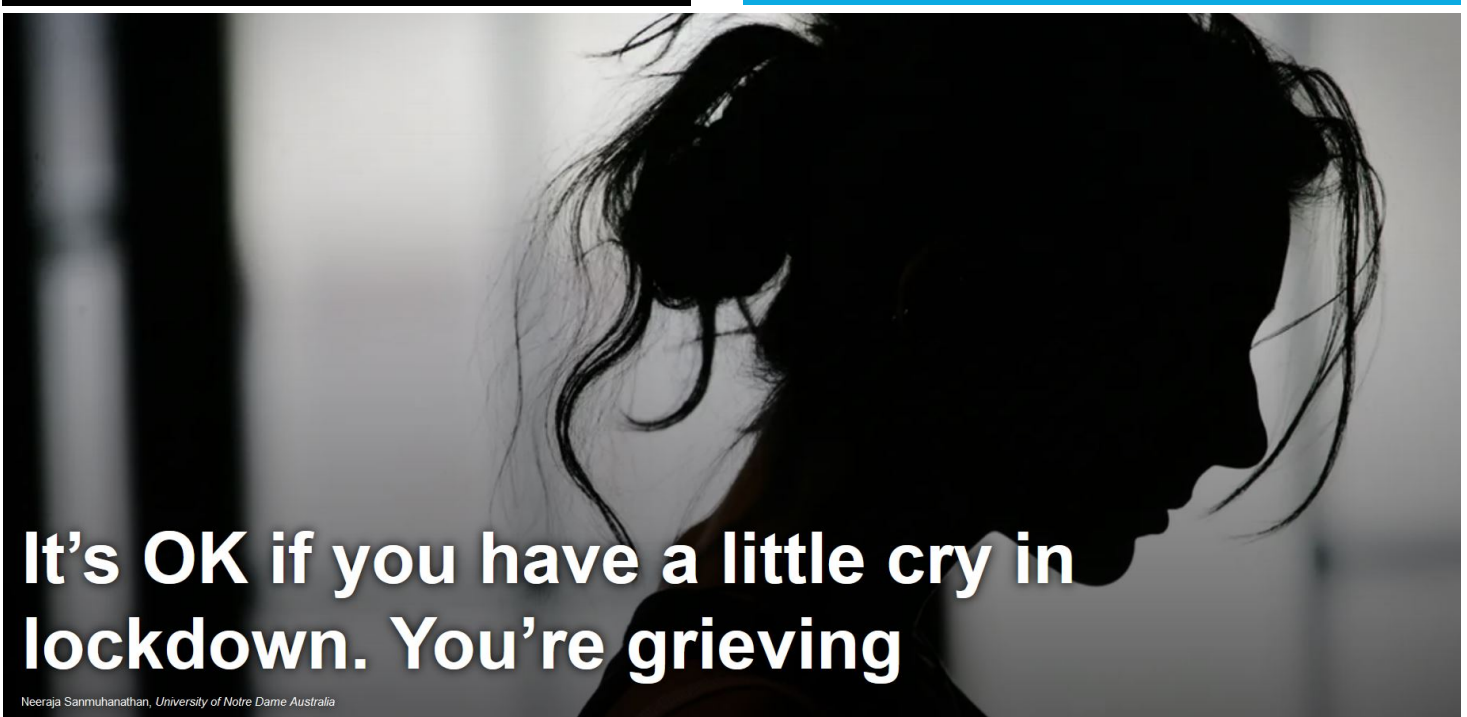
Australian residents can claim online. Click here for a [step-by-step process to claiming the COVID-19 Disaster Payment – New South Wales](#), including if you've never claimed a Centrelink benefit before.

Eligible working visa holders will need to call the Emergency Information Line to claim on 180 22 66 - Monday to Friday 8 am to 5 pm.

Unable to work because of COVID-19?

COVID-19

Learn more about **disaster payment support**



It's OK if you have a little cry in lockdown. You're grieving

Neeraja Sanmuanathan, *University of Notre Dame Australia*

FINANCIAL HOUSEHOLD RELIEF

- ✓ Have you or your partner's income reduced (due to job loss, reduced hours, lockdown restrictions, awaiting test results, contact tracing or illness)?
- ✓ Have you incurred additional expenses due to Covid-19?
- ✓ Has your ex-partner's reduced income impacted your household?

[Household Relief](#) is a free, friendly, confidential service available for Australian households financially impacted by COVID-19. You are eligible for Household Relief assistance if your household has been financially impacted in any way due to COVID-19 since 1 February 2020 and you are 16 years or over; are an Australian citizen, permanent resident, or hold a valid visa that expires after the loan term; and have a before tax annual income of less than \$60,000 if you are single, or less than \$100,000 for couples or if you have dependents.

If you or your partner are able to service affordable repayments, a Household Relief No Interest Loan can assist you with

- Utility bills,
- Bond or rent (via agent),
- Council rates or
- Body corporate fees.

This no interest loan of **up to \$3,000** means you only pay back what you borrow, with repayments up to 24 months.

It's worth considering this safe credit option before resorting to a payday loan or other expensive form of credit.

Household Relief

Covid Hardship Support Hotline and Loans without Interest



Household Relief Frequently Asked Questions

**Call the COVID Hardship Support Hotline on 1300 121 130
9am–7pm AEST
Monday to Friday.**

EMPLOYMENT

CENSUS WORKERS NEEDED: The Australian Bureau of Statistics is hiring for the 2021 Census. No experience needed. No resume needed. Temporary (casual) position with variable working hours. Apply at www.censusjobs.adeco.com.au/fieldofficer



Census

Hiring Field Officers

Help your community
Census workers needed!

No experience required
Temporary (casual) positions
Roles start from July 2021

Apply now
www.censusjobs.adeco.com.au



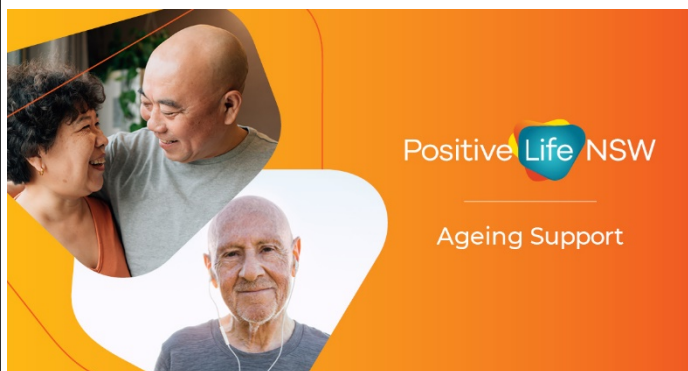
WHY SHOULD I GET A COVID VACCINE?

- ✓ Vaccines strengthen your immune system by training it to recognise and fight against specific viruses.
- ✓ When enough people in the community are vaccinated, it slows down the spread of disease.
- ✓ High immunisation rates also protect vulnerable people in our community who cannot be vaccinated, such as very young children or people who are too sick.
- ✓ Higher vaccination rates makes outbreaks much less likely. It also reduces the need for preventive measures, such as lockdowns and other restrictions.
- ✓ Diseases that [vaccines successfully prevent](#) include, smallpox, chickenpox, polio, tetanus, rubella, whooping cough, measles, hepatitis A, hepatitis B, rotavirus, diphtheria and mumps.

– [Australian Department of Health](#)

POSITIVE LIFE AGED CARE 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 COVID-19 Toolkit

VACCINE PREVENTABLE DISEASES

- [Chickenpox](#). A very contagious disease and can be serious in adults and babies causing pneumonia, brain damage and sometimes death.
- [Diphtheria](#). In the early 1900s, diphtheria caused more deaths in Australia than any other infectious disease.
- [Meningococcal disease](#). A serious and life-threatening infection. Symptoms appear suddenly and people can die very quickly without medical help.
- [Mumps](#). A serious disease that can lead to inflammation of the brain (encephalitis), inflammation of the lining of the brain and spinal cord (meningitis), inflammation of the heart (myocarditis), and infertility.
- [Tetanus](#). A life-threatening bacterial infection that causes severe muscle spasms and sometimes death.
- [Whooping cough](#). Can lead to pneumonia, brain damage and sometimes death.

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

TELSTRA PAYPHONES FREE

Telstra's CEO, [Andrew Penn](#) has [announced that local and national calls to standard fixed line numbers and calls to standard Australian mobiles on Telstra's public payphones are now free.](#)

Anyone can use Telstra's 15,000 payphones on street corners, in towns, truck stops and airports in every corner of the country to make calls for free.



COVID-19 VACCINATION

POSITIVE LIFE TREATMENTS SUPPORT

For all your HIV treatment questions and support, including COVID-19 concerns, call (02) 9206-2177, 1800 245 677 (freecall outside metro) Mon-Thurs 9am to 5pm 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)

Positive Life NSW

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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 and Present.

Positive Life NSW

The voice of all people living with HIV