

COVID-19 TALKKIT

A communique for all people living with HIV in NSW

CONTENTS

PAGE 1

COVID-19 News / Create your own COVID-19 check-in card

PAGE 2

The Conversation / Vaccines free for everyone

PAGE 3

Financial Support / Support 24 hours - 7 days

PAGE 4

Mental Health / Black Dog Survey

PAGE 5

Better access initiative

FEEDBACK & COMMENTS

contact@positivelife.org.au

Friday 27 August 2021

With NSW restrictions extended until the end of September, Positive Life is stepping up our 'COVID check-ins' with community members currently enrolled in our Housing Support, WorkReady or Ageing Support programs.

If you'd like to hear from us at any time, or would like a call please drop us an email on contact@positivelife.org.au or leave a message on (02) 9206 2179 or 1800 245 677. We understand this continues to be a stressful time for many of us. **If a regular 'check-in chat' helps, let us know so we can make sure you're included.**

In this time of uncertainty, it can make a big difference when you can focus on what you can control. Creating your own routine that creates structure to your day can help. [Even if it's simple things like what time you eat, get up, go to bed or chat to a friend, having a structure will make long days spent at home more manageable.](#)

The way we consume [news matters](#). Constant exposure to negative news is associated with increased depression, anxiety and stress. Taking a break from social media and the onslaught of the news cycle [can be another positive step](#) to regaining your sense of control.

In the middle of what seems like a never ending lockdown, together with the updated and often changing list of COVID-19 messaging, [a self-care plan can assist in helping you focus, make informed decisions and stay healthy.](#)

– Positive Life NSW



LEGAL AID NSW & COVID-19

Legal Aid NSW has produced [a range of resources and collated resources](#) from other Government departments to assist individuals affected by legal issues during COVID-19.

www.legalaid.nsw.gov.au/get-legal-help/covid-19

ASTRAZENECA NAME CHANGE

The Therapeutic Goods Administration (TGA), part of the Department of Health, has approved AstraZeneca's submission to change the name of its COVID-19 Vaccine [AstraZeneca to VAXZEVRIA](#).

The name is now consistent with that used overseas, including in the European Union and Canada. This is the only change to the vaccine. All other aspects, such as manufacturing and quality control, remain unchanged.

TRAVEL PERMITS REQUIRED FOR SOME LGAs

From midnight, Saturday 28 August 2021, [an authorised worker](#) who is [entering an LGA of concern for work](#), or [living in an LGA of concern](#) and you need to leave your area for work, including [travelling to another LGA of concern](#) will require [a travel permit](#) to enter or leave an LGA of concern.

Service NSW has a handy online webpage to [check if you need to get a travel permit](#).

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?](#)

CREATE YOUR OWN COVID-19 CHECK-IN CARD

The NSW COVID-19 Check-In card provides an alternative check-in method for people who don't have smart phones and/or those who are not uncomfortable using the Service NSW business online webform. You can [create your own card online](#) and have it posted to you, or you can download a printable version immediately. If you lose the card, or your contact details change, you simply create a new card.

When you enter a COVID Safe business, a staff member scans your card and your visit is electronically recorded. If the business device is unable to read your QR code, the staff member will enter your details manually into the Service NSW business online webform. The record of your attendance will only be disclosed to NSW Health for contact tracing purposes.

This information, along with the details of the premises you are attending and the time and date of your visit, will comprise the record of your attendance at the venue. Service NSW will hold the record of your attendance for a period of 28 days from the date it was collected.

IS IT TRUE?

QUESTIONS
ANSWERED



When life gives you lemons ... 4 Stoic tips for getting through lockdown from Epictetus

Matthew Sharpe, Deakin University



Noice. Different. Unusual. Watching Kath and Kim as a (locked down) historian

Michelle Arrow, Macquarie University

COVID-19 VACCINATIONS ARE FREE

All COVID-19 vaccination services must be bulk-billed (or free for [non-Medicare eligible](#)). Vaccination providers [cannot charge for the COVID-19 vaccine for Medicare eligible or ineligible patients](#).

COVID-19 vaccination services for Medicare eligible or ineligible patients cannot be made contingent on any other service or fee, including (but not limited to):

- ✓ Patient registration fees for patients new to a practice
- ✓ Book-keeping or registration fees for the appointment
- ✓ General health checks or
- ✓ Any other service which the practice or practitioner requires before any COVID-19 MBS item.



Practice Guidance for Virtual Home Visits

START

DETAILS ▾



Book review: Fatal Contact is a timely account of how epidemics devastated our First Peoples

Cassandra Pybus, University of Tasmania

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.**

ENERGY BILLS

The Energy Accounts Payment Assistance (EAPA) Scheme may be able to help if you are having trouble paying electricity or gas bills in the current situation, with limits increased to \$400. [Click here to check options and eligibility for financial help with accounts.](#)

RED CROSS FINANCIAL RELIEF

The Australian Red Cross has received NSW Government funding specifically to support people to meet their basic needs, like food, medicine or shelter. **The payment is limited and not income support.**

An emergency payment of \$400 for people living in Greater Sydney, experiencing financial hardship who cannot access ongoing Commonwealth income support, have zero or limited income, savings or community support **and are temporary or provisional visa holders, or undocumented migrants.**

These [emergency relief payments](#) are limited and not income support.

PANDEMIC LEAVE PAYMENT

If you can't earn an income because you or someone you care for gets COVID-19 and is a close contact and must self-isolate for 14 days, there is financial support available.

[Find out more about eligibility requirements and apply](#)

GET IMMEDIATE SUPPORT FROM BEYOND BLUE 24/7



Call 1300 22 4636

24 hours / 7 days a week



Chat online

11am - 12am AEST / 7 days a week



Email us

Get a reply in 24 hours



Online forums

24 hours / 7 days a week

LIVING IN THE HAWKESBURY?

SURVEY: Everyone who lives in the Hawkesbury, particularly in areas impacted by recent disasters, is encouraged to [complete the Community Recovery and Resilience Survey](#).

The information will be used to help improve response, recovery and preparedness from disasters and in planning for ongoing community recovery.



HEAD GEAR

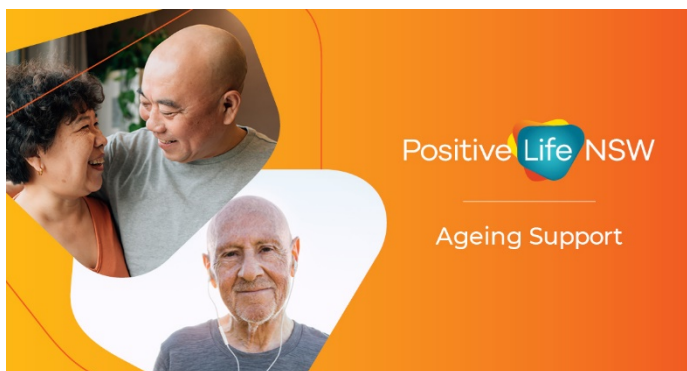
Head Gear is a free, easy-to-use smartphone app that guides you through a 30-day mental fitness challenge designed to build resilience and wellbeing and prevent things like depression and anxiety.



[Download on iPhone](#) / [Download on Android](#)

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



MEN ON THE BLACK DOG RADAR

Black Dog Institute are creating a new support option for men who have had thoughts of ending their life.

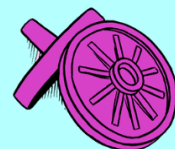
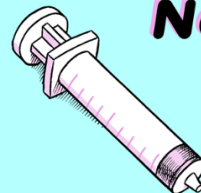
They are inviting men over 18 years to provide their insights through an anonymous 30-minute online survey so they can understand more about what would be helpful to men.

To read the participant information statement and participate in the survey, visit their website at:

blackdoginstitute.org.au/under-the-radar/



**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

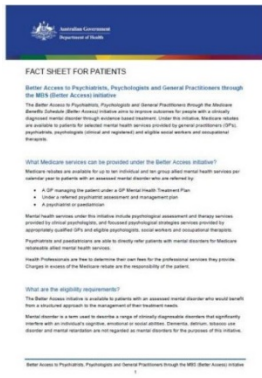


BETTER ACCESS INITIATIVE

Better Access to psychiatrists, psychologists and General Practitioners through the MBS (Better Access) initiative.

Visit your GP who will assess whether the preparation of a GP Mental Health Treatment Plan is appropriate for you, given your health care needs and circumstances. You could be eligible for up to six individual and six group allied mental health services, which may comprise a psychological assessment and therapy by a clinical psychologist or focussed psychological strategies by an allied mental health professional.

(click the image to download a factsheet)



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-Fri 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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Editor:

Craig Andrews

Positive Life NSW Communications Manager

communications@positivelife.org.au

Positive Life NSW

Gadigal Country

PO Box 831,

Darlinghurst NSW 1300

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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, waters, community and culture. We pay our respects to Elders, Past and Present.

Positive Life NSW

The voice of all people living with HIV