

COVID-19 TALKKIT

A communique for all people living with HIV in NSW

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FEEDBACK & COMMENTS

contact@positivelife.org.au



Friday 24 September 2021

In this edition of our COVID-19 Communique, we offer a couple of ways people living with HIV can participate and provide feedback into the Australian Digital Health landscape. Community members are invited to attend one of three Electronic Prescriptions Q&A sessions in October, and also provide feedback to the [Australian Digital Health Agency](#) about your experiences and thoughts on digital health.

The NSW Roadmap to Reopening NSW [seems to be running ahead of schedule](#) and may be a short 13 days away. We offer some links to what this means for people who are fully vaccinated (both doses), and also what it might mean regarding [COVID vaccine passports](#) as we see hospitality, retail, beauty and fitness sectors reopen their doors to the public.

OzHarvest and Surry Hills Neighbourhood Centre support inner-city residents in need with a range of hampers, food staples and meals. [Let us know what's available in your area](#) for people who are finding it tough to stock the cupboard or put food on the table.

Positive Life [peer support officers](#) (Peer Navigators) have been conducting 'COVID check-ins' by phone 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 that 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.**

ELECTRONIC PRESCRIPTIONS Q&A SESSIONS

As electronic prescriptions become more widely available across the country, the Australian Digital Health Agency invites consumer peak organisations, members and consumer advocates, carers and advisors to [join an “Electronic Prescribing Q+A Session for Consumers and Carers”](#).

The purpose of the session is to offer you a platform where your questions will be answered directly by an expert panel (Geoff Briggs, Senior Education and Adoption Officer, Digital Inclusion and Community Engagement; Ashleigh Rhind, Senior Program Officer, Medicines Safety Program and Brad McCulloch, Technical Advisor, Medicines Safety Program).

You will be able to participate by speaking directly with our subject matter experts or by submitting questions anonymously through our questions platform. Any questions related to using electronic prescriptions are welcome and there's no requirement to have used electronic prescribing prior to joining a session.

People living with HIV are encouraged to attend this session alongside representatives from Positive Life NSW.

Thursday, 7 October 2021, 12-12.30pm AEDT

Thursday, 14 October 2021 12-12.30pm AEDT

Thursday, 21 October 2021 12-12.30pm AEDT

Registration Link:

<https://register.gotowebinar.com/rt/9205700004062810384>

(Select preferred date from drop-down menu)



ELECTRONIC PRESCRIPTIONS

An electronic prescription is a digital version of a paper prescription. During your consultation, your healthcare provider can send your electronic prescription to you as an SMS or email.

All medicines can be prescribed using an electronic prescription. The message with a link to your electronic prescription is stored on your digital device, so you can access it whenever you're ready.

How to get an electronic prescription

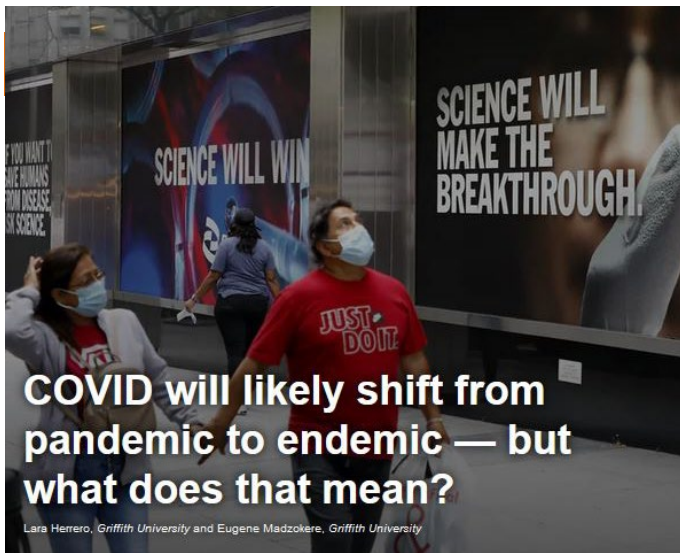
- During your consultation your doctor will send your electronic prescription to you as an SMS or an email
- You will then take it to your pharmacy or send it to them
- If you have repeats, a new SMS or email will be sent to you when you get your medicine from the pharmacy

When you contact your doctor and pharmacy next, check that they are ready for electronic prescriptions and that your contact details are up to date.

More information: [Digitalhealth.gov.au](https://digitalhealth.gov.au)

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?](#)





COVID will likely shift from pandemic to endemic — but what does that mean?

Lara Herrero, Griffith University and Eugene Madzokere, Griffith University



Why does my internet connection feel slow and jumpy, even when my internet speed is high?

Vijay Sivaraman, UNSW



COVID-19 increases the chance of getting an autoimmune condition. Here's what the science says so far

Magdalena Plebanski, RMIT University and Rhiane Moody, RMIT 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.



Soon you'll need to be vaccinated to enjoy shops, cafes and events — but what about the staff there?

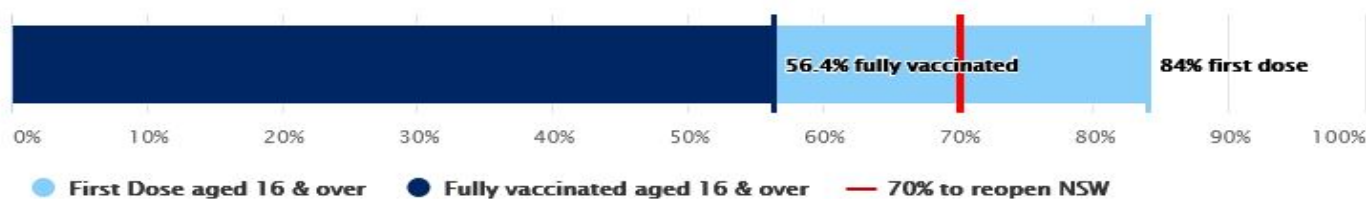
Holly Seale, UNSW



New preliminary evidence suggests coronavirus jumped from animals to humans multiple times

Hamish McCallum, Griffith University

Fully vaccinated in NSW



Fully vaccinated numbers at 12am 22 September 2021

ROADMAP TO REOPENING NSW

The NSW Government has [released a roadmap to reopening the state for fully vaccinated people in NSW](#). The exact date that [these freedoms](#) will be introduced is yet to be finalised, but it will come into effect from the first Monday after the 70 per cent vaccination target is reached.

As of Thursday 23 September, NSW is 14 days away from reaching a major milestone in the state's vaccination rollout, with 70 per cent of adults over the age of 16 set to be fully vaccinated by Thursday 7 October. These projections are based on the seven-day average of [vaccination rates in NSW](#).

When NSW hits the 80 per cent double dose target, the government intends to

open up further freedoms around international travel, community sport, major events and other areas. The Australian Medical Association has cautiously backed reopening plans, but [cautioned against viewing the achievement of key vaccination milestones as “freedom day”](#).

As the New South Wales and Victorian state governments prepare to reopen shopping centres to vaccinated Australians, [the Australian Retailers Association is calling for ‘seamless’ vaccine certificates](#) that make checking in easy for customers.

The NSW government is busy [redeveloping the Service NSW app to incorporate digital proof of a person’s vaccination status](#) from an authorised source such as Medicare.

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

DIGITALHEALTH SURVEY



Today, Australians have access to telehealth, electronic prescriptions, My Health Record and more. What comes next is up to you.

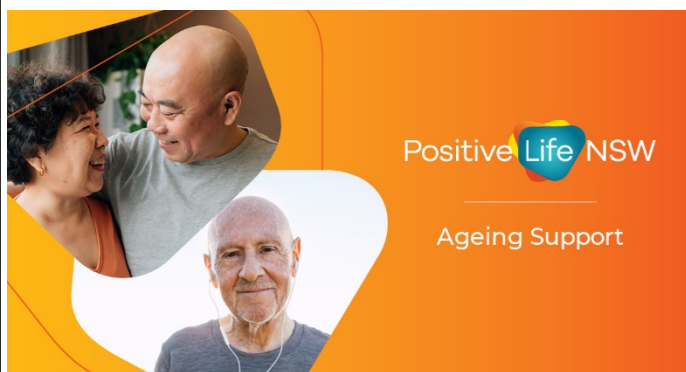
Now's your chance to influence the future of digital health in Australia by taking part in a [short, 15 minute survey](https://nationalstrategy.digitalhealth.gov.au/survey). Your valuable input will help the Australian Government continue to evolve one of the best healthcare services in the world.

[Take the National Digital Health Survey](https://nationalstrategy.digitalhealth.gov.au/survey)

<https://nationalstrategy.digitalhealth.gov.au/survey>

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

OZHARVEST COMMUNITY KITCHEN

From 14 September, OzHarvest will be running a Community Kitchen at 481 Crown Street, Surry Hills for the duration of the lockdown.

The venue will operate from 4pm-7pm, Tuesdays and Thursdays offering a small takeaway hot meal and hampers with food staples to local residents in need.

The service is part of the emergency food relief provided by OzHarvest and City of Sydney during Sydney's COVID-19 lockdown. If you have any questions about the site, the food relief project or other support services contact the Safe City Manager on (02) 9265 9333 or email safecity@cityofsydney.nsw.gov.au



COVID-19 VACCINATION

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



LOCKDOWN HAMPERS



Lockdown Hampers

Struggling to fill the cupboards

Phone us and book in a time

to pick up a food hamper.

No drop ins. Pick Up Day – Friday

Ph. 0424 783 359

Tuesday, Wednesday, Thursday
10am to 2pm, bookings essential.



Contains a healthy eating recipe each week – no extra ingredients needed.

Contains Lockdown activity sheets, Alcohol and Drug Services Information and Local Lockdown Info and more

Surry Hills Neighbourhood Centre is a community center in Surry Hills, New South Wales, located at Level 1/405 Crown Street, Surry Hills, NSW. <https://shnc.org/>

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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ABN: 42 907 908 942

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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.



The voice of all people living with HIV