

# Protecting yourself against COVID-19

Last updated - 24 June 2021

## How to book my COVID-19 vaccination

Vaccination clinics are now offering people aged 60+ years of age the AstraZeneca vaccine and people aged 40-59 years of age the Pfizer vaccine. Many other people are also eligible depending on their occupation, underlying health conditions or type of accommodation setting. There are several ways to make a vaccination appointment.

### 1. StarHealth Clinic

Appointments are required at the Prahran Town Hall clinic on Greville Street. You can book an appointment online or over the phone with our friendly team.

[www.starhealth.org.au/covid19](http://www.starhealth.org.au/covid19)

Tel: 9525 1300

### 2. Victoria's Coronavirus Hotline

Find out more about who can get vaccinated now in Victoria at this website:

<https://www.coronavirus.vic.gov.au/who-can-get-vaccinated>

Contact the Coronavirus Hotline to make an appointment at a Victorian Government State Vaccination Centre.

Tel: 1800 675 398

Select option 1, then option 1 and finally option 1.



Vaccination is the most effective way to protection against COVID-19

When you get vaccinated you are protecting yourself and helping the whole community to stay safe.



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## How to book my COVID-19 vaccination cont.

### Last update 3. Australian Government Eligibility Checker

Check your eligibility on the following website, where you can also make an appointment at a participating GP or community health service:

<https://www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-eligibility-checker>

You can also call the National Coronavirus Hotline to make an appointment.

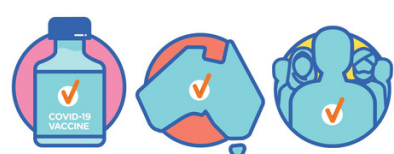
Tel: 1800 020 080

### What is coronavirus (COVID-19)

Coronaviruses are a large family of viruses that cause chest infections. These can range from the common cold to serious illness, such as pneumonia. COVID-19 is a disease caused by a new form of coronavirus.

### How COVID-19 vaccines work

- Vaccines are medicines that strengthen your immune system to fight diseases.
- The COVID-19 vaccine, like other vaccines (such as the flu shot), will be given with an injection. This triggers an immune response in your body, which is the body's natural way of defending itself against disease.
- The vaccine will strengthen your immune system by training it to recognise and fight against the virus that causes COVID-19.
- Vaccines may contain either killed or weakened versions of a virus or a small part of a virus itself. There is **no risk** of getting the actual virus from a vaccine.



**COVID-19**  
**VACCINATION**  
Safe. Effective. Free.



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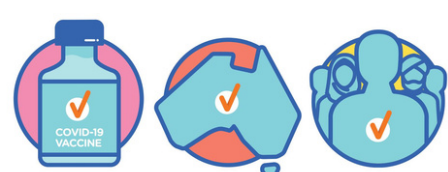


## How COVID-19 vaccines work cont.

- When your immune system recognises a virus, or parts of it, in the vaccine as being foreign, it responds by creating memory cells and antibodies. These will protect you from experiencing severe COVID-19 symptoms.
- The COVID-19 vaccines that have been approved by the Australian Government have undergone careful testing by medical experts from Australia (the Therapeutic Goods Administration) and around the world to prove that they are safe and effective.

## Getting vaccinated with the COVID-19 vaccine

- COVID-19 vaccine will be available for everyone in Australia.
- High priority groups are those who are most at risk of severe illness and will be vaccinated first. The Australian Government has a phased approach. You can find out when you can get vaccinated by using the eligibility checker online at <https://covid-vaccine.healthdirect.gov.au/eligibility>
- The COVID-19 vaccination is voluntary and **free** to everyone living in Australia.
- All Victorians over 16 years of age are now eligible.
- Everyone will require two doses of the COVID-19 vaccine. These will be spaced about 12 weeks apart for the AstraZeneca vaccine and about 3-6 weeks apart for the Pfizer vaccine.
- If you choose not to have the COVID-19 vaccine, this will not affect any government payments you may receive.



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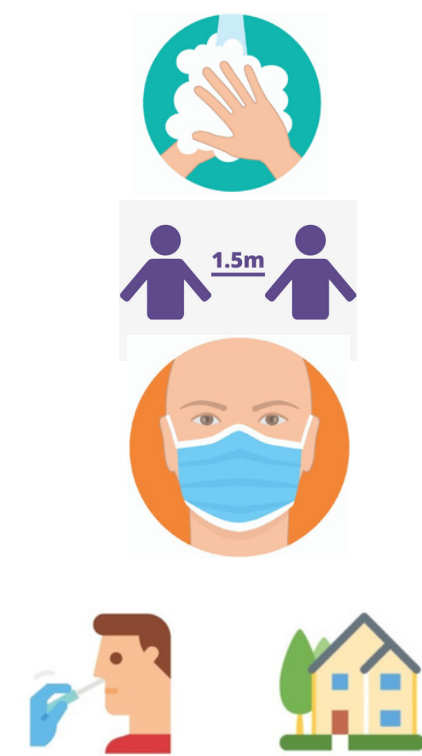


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## Stay safe until you get your COVID-19 vaccination

- Wash your hands regularly.
- Keep at least 1.5 metres away from others.
- Wear a face mask when required, unless you have a lawful reason not to.
- If you feel unwell or have symptoms, get tested and stay at home until you receive a COVID-19 negative result.
- Check the list of exposure sites regularly:  
[www.coronavirus.vic.gov.au/exposure-sites](http://www.coronavirus.vic.gov.au/exposure-sites)  
and get tested if required.



## How coronavirus COVID-19 is spread

The virus can spread through droplets when an infected person coughs, sneezes or when people speak and sing. Droplets can enter the body through the mouth, nose, or eyes. Anyone can catch it.

## The symptoms of coronavirus COVID-19

Symptoms can range from mild to serious illness such as pneumonia, and can include:

- Fever
- Nausea
- Respiratory symptoms such as
  - Coughing
  - Sore throat
  - Shortness of breath
  - In severe cases it can lead to death



Fever, chills or sweats



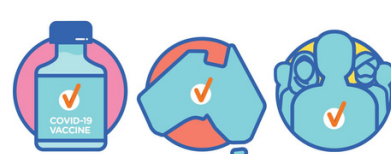
Cough



Sore throat



Shortness of breath



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Ask your GP or healthcare professional if you have other questions about  
COVID -19 vaccination  
Call StarHealth on 9525 1300



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