

## Thanks for getting vaccinated Canberra!

COVER STORY  
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Canberra resident Garth rolling up his sleeve to receive a COVID-19 vaccine at the AIS Arena mass vaccination clinic.



### Message from the Chief Minister

The COVID-19 pandemic has hit Canberra hard. It has been a difficult few months for everyone. The ACT's public health response has focussed on minimising infections, serious illness and hospitalisation. At the same time we have run the largest mass-vaccination program in our city's history. More than 300,000 people have already been vaccinated.

Over the coming weeks, we will hit the major vaccination milestones that will allow us to transition out of lockdown. A highly vaccinated Canberra is a safer Canberra. There will be better days ahead and we are all looking forward to a safe Christmas and summer holiday period.

Andrew Barr



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# Don't wait Canberra, get your COVID-19 vaccine now!

Canberrans have been turning out in great numbers to roll up their sleeves and get their COVID-19 vaccination. Thanks to you, our vaccination rates are among the best in the nation.

Haven't made an appointment? Don't wait – get your COVID-19 vaccine to protect yourself and loved ones from getting very sick from COVID-19.

All Canberrans **aged 12 years and over** can book now.

Getting a COVID-19 vaccine is **free for everyone**, even if you're not an Australian citizen or permanent resident. This includes people without a Medicare card, overseas visitors, international students, migrant workers, and asylum seekers.

→ Find out more [covid19.act.gov.au/vaccine](https://covid19.act.gov.au/vaccine)

Keep CBR  
safe &  
strong

## How to book a COVID-19 vaccination

There are lots of places you can get your COVID-19 vaccine. Find your nearest clinic and book an appointment today!

▶ **ACT Government COVID-19 vaccination clinics – Pfizer for 12-59 year olds and AstraZeneca for people aged 60+\***  
Book online by signing up to MyDHR\*\* at [mydhr.act.gov.au](https://mydhr.act.gov.au) or call us on (02) 5124 7700, 7am to 7pm, daily

▶ **participating GP clinics – Pfizer for 12-59 year olds and AstraZeneca for people aged 18+**  
Use the Vaccine Clinic Finder at [covid-vaccine.healthdirect.gov.au](https://covid-vaccine.healthdirect.gov.au)

▶ **selected pharmacies – AstraZeneca for people aged 18+ and Moderna for 12-59 year olds**

Use the Vaccine Clinic Finder at [covid-vaccine.healthdirect.gov.au](https://covid-vaccine.healthdirect.gov.au)

▶ **Winnunga Nimmityjah Aboriginal Health Service – clinic for Aboriginal and Torres Strait Islander people – Pfizer for 12-59 year olds and AstraZeneca for people aged 60+**  
Call reception on 02 6284 6222  
9am to 5pm, Monday to Friday

\*AstraZeneca is available from the Calvary Public Hospital COVID-19 vaccination clinic for people aged 60+

\*\*MyDHR bookings are unavailable for people aged 12-15 or those without a Medicare card. Please phone us instead.

→ More info at [covid19.act.gov.au/getmyvaccine](https://covid19.act.gov.au/getmyvaccine)

## Trusted sources of information

When looking for information about the COVID-19 vaccine, use trusted websites to help you make informed choices about your health and getting vaccinated. Trusted websites include:

- ▶ ACT Government COVID-19
- ▶ Australian Government Department of Health
- ▶ Therapeutic Goods Administration

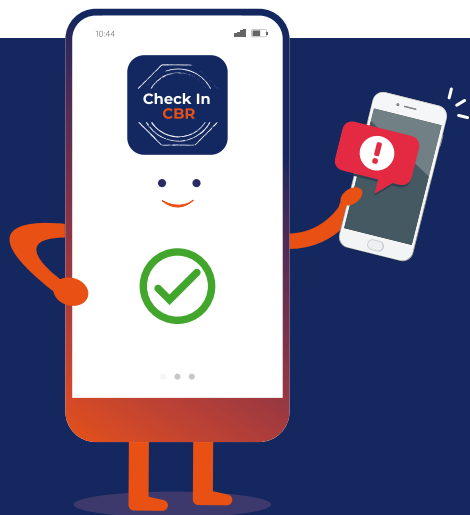


## Know someone who doesn't speak English as a first language?

The Australian Government Department of Health has translated COVID-19 vaccination information in more than 60 languages. Share this page with family and friends to keep them updated.

And remember – you can book an appointment for a COVID-19 vaccine on behalf of a friend or family member who doesn't speak English. Or they can call the Translating and Interpreting Service on 131 450 for help.





## Been to an exposure location? **We'll tell you**

Check In CBR is one of the most important ways to stop the spread of COVID-19.

Exposure location alerts are now available for Check In CBR app users. If one of your check-ins matches the date and time of an exposure location, you will be notified via SMS or push notification.

These alerts help you to take appropriate action and get a COVID test, quarantine or monitor for symptoms if you need to. Make sure your app is up to date so you have access to this important feature.

## New Check In CBR card available

A free Check In CBR card is now available, designed for people who do not own a smartphone or are unable to use the Check In CBR app. It can be scanned at most businesses and venues across Canberra. This will make checking in a quick and private process for card holders. Data collected from the card is stored directly with ACT Health.

→ You can apply online at [covid19.act.gov.au/check-in-CBR-card](https://covid19.act.gov.au/check-in-CBR-card) or by calling (02) 5124 5000.



## Wear a mask when you leave your home

Wearing a mask is mandatory in the ACT for anyone aged 12 and up whenever you leave your home. Make sure you follow these **3 simple tips**

- 1** Use a clean mask every day. You should wash re-usable masks every day or replace a disposable mask every time you use one.
- 2** Your mask must cover your nose, mouth and chin.
- 3** Clean your hands before putting your mask on, and again before taking it off.



→ More info at [covid19.act.gov.au/masks](https://covid19.act.gov.au/masks)

## Keep CBR COVID-safe

Do the right thing to keep you, your loved ones and Canberrans COVID-safe this spring.



Maintain good hand hygiene



Keep your distance



Stay home if unwell and get tested



Check In for contact tracing



Wear a face mask



Get vaccinated

[www.covid19.act.gov.au](https://www.covid19.act.gov.au)  
ACT COVID-19 helpline: (02) 6207 7244  
8am-8pm daily.

# Record investment in Canberra's health system

The 2021-22 ACT Budget has delivered the Territory's largest ever health investment at a time when our city needs it most.

The record investment will employ more nurses and midwives, deliver extra surgery hours, increase intensive care and emergency beds to meet future demand in our growing city.

In response to the COVID-19 pandemic, more funding has been provided to support the ACT Government's response. This funding ensures critical services including vaccinations,

testing, quarantine programs, and public school and transport cleaning continue to be delivered for the community.

➔ For more details on health funding please visit [act.gov.au/our-canberra/budget21](https://act.gov.au/our-canberra/budget21)



## Mental health funding boosted

The COVID-19 pandemic and current lockdown is one of the toughest periods in our city's history. The ACT Government has now boosted funding for mental health services and primary health care across the city to support the wellbeing of Canberrans now and into the future.

The funding also ensures that our community partners can deliver the increased services that the community currently needs.



## More support for local businesses

Thousands of local businesses that have been impacted by the recent lockdown are being supported with grants by the ACT and Commonwealth Governments.

The grants will provide support to local businesses and their employees to bounce back when lockdown ends.

➔ For current COVID-19 business support measures visit: [act.gov.au/business-support](https://act.gov.au/business-support)

## Who to call for help

Lifeline	13 11 14
Beyondblue	1300 22 4636
Kids Helpline	1800 55 1800
MensLine Australia	1300 789 978
Sexual assault, family and domestic violence line	1800 737 732
Suicide Call Back Service	1300 659 467



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Government

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