

# MEDIA RELEASE

## It starts with you: Choose to vaccinate against COVID-19

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Murray PHN (Primary Health Network) is encouraging community members to get vaccinated against COVID-19 by reminding them that we all have a role to play in getting back to enjoying the best things in life.

The “*It starts with you*” campaign focuses on the choice to vaccinate - choosing to vaccinate protects you, protects the people important to you, and contributes to the community effort that will have us all visiting friends and family, travelling and getting out and about as soon as possible.

Health services, media, local organisations and community groups are invited to share the campaign, available free for downloading on the Murray PHN website ([murrayphn.org.au/covid19vaxcampaign](http://murrayphn.org.au/covid19vaxcampaign)). It includes a range of messages for different groups, social media graphics, and posters and brochures that are printable.

Murray PHN CEO Matt Jones led by example last week, getting his second COVID-19 vaccination dose at Bendigo Respiratory Clinic, Spring Gully. (*Photo supplied*)

“I chose to get vaccinated to protect myself, protect my family and play my part in the national public health effort to increase vaccination rates,” Matt said.

“Every person has been impacted by the pandemic in different ways, and each has their own reasons why they don’t want another COVID outbreak. Getting vaccinated and encouraging others to do the same is our best way to get back to enjoying the simple things in life that make us happy.”

Bendigo Respiratory Clinic director Dr Ewa Piejko said that when it comes to a disease like COVID-19, prevention is always better than cure.

“I have been vaccinated to keep myself, my family and patients from becoming unwell from COVID. It’s a simple but effective step that we can all choose to keep each other safe,” Ewa said.

For a list of vaccinating clinics, visit [murrayphn.org.au/covid](http://murrayphn.org.au/covid) and to find out more about the campaign, visit [murrayphn.org.au/covid19vaxcampaign](http://murrayphn.org.au/covid19vaxcampaign)

### Photos

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