

## Additional Support Clinic – North

The Tasmanian Government, together with Aspen Medical, are running a COVID-19 vaccination clinic at **330-336 Invermay Road, Mowbray** providing additional support for:

- People living with disability and mental illness
- Carers of people living with disability and mental illness
- Disability support workers.

This is a guide about:

- Booking an appointment at the additional support clinic
- What to expect at your appointment
- How to get to your appointment by bus or where to park.

### Your vaccination appointment

#### Booking your appointment

- You can make an appointment by calling the Public Health Hotline on **1800 671 738**.
- Tell the person who answers that you want to book into the *Additional Support Clinic - North*.
- There will also be a 'Quiet Clinic' on Friday, 16 July and will be slower paced and a lower sensory experience.

#### Before you come to your appointment

- Print out and complete a consent form from this website: [COVID-19 vaccination – Consent form for COVID-19 vaccination | Australian Government Department of Health](#).
- Pack your Medicare card to bring with you.
- At your appointment you will be asked to book the appointment for your second vaccination dose. You may want to bring a diary with you to plan and write down your appointment.
- Ask a support person to come with you if you would like.
- Plan your journey to the vaccination centre (please see attached map and main bus routes).
- Your vaccination **may take up to an hour**. You might like to bring something quiet to do while you wait.

## At your appointment

When you arrive at the Mowbray clinic, you will be greeted by staff and shown where to enter the building.



*Image: Entrance into clinic operating out of the Vinnies building on Invermay Road*

Before you enter the clinic you will be asked to read a health screening poster to make sure you are well and can enter.

**STOP**

**Do not enter this facility if you:**

- Have COVID-19.
- Have been instructed to quarantine or isolate, and your quarantine or isolation period has not yet ended.
- In the last 14 days, have been outside Tasmania in any areas or premises declared high or medium risk for COVID-19
- In the last 14 days, have had contact with someone known or suspected to have COVID-19
- Have cold or flu-like symptoms such as fever, shortness of breath, a cough or a sore throat.

**KEEP ON TOP OF COVID**

Public Health Hotline **1800 671 738**  
[www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)

Tasmanian Government

*Image: Stop before you enter poster*



***Image: Entry area in the clinic***

- If you have already filled out a consent form, you will be asked to hand this over.
- If you haven't already filled out a consent form, you will be asked to fill out a form at your appointment. If you have brought someone with you to the clinic, they can help you fill out the form. A staff member can also help you.
- Your personal information, like your name and date of birth, will be entered into a computer by a staff member.
- You will be asked to sit in a waiting area until a staff member tells you it is your turn. You might like to bring something quiet to do while you wait.



***Image: Area where booths will be set up***

## Receiving the Vaccination

- When it is your turn to be vaccinated, a staff member will ask you to go with them to the nurse immuniser to receive your vaccination. **You can bring your support person with you.**
- The nurse will ask you to confirm your full name and date of birth and go through the medical questions on the consent form with you. They will check you are happy to receive the Pfizer vaccination. If you are non-verbal, you can point to yes or no on the card or use your preferred augmentative and alternative communication (AAC).
- Let the nurse know if you are feeling worried about the vaccination.
- The nurse will explain any potential side effects and how the vaccine works in your body (you can indicate that you understand what they are saying by nodding your head or indicating yes on preferred AAC).
- You can ask any questions you may have.
- You will be asked which arm you want the vaccine in (you can point to your preferred arm).
- The nurse will stick a needle in your arm to deliver the vaccine.

## After the Vaccination

- The nurse will put a band aid on your arm once you have had the vaccine. You will need to leave this on your arm for 1-2 hours.
- You will be offered a lollipop after your vaccination if you want one.
- You will get a sticker with a time written on it.



*Image: Vaccination sticker*

- If you feel unwell, let a staff member know and they can guide you into a separate room where you will be checked on.

## Booking your second appointment

- After 15- 30 minutes of waiting after you get vaccinated, you will be asked to speak to another staff member to book your second appointment.
- They will ask you to come back to Blundstone Arena in 21 days for your next appointment and will work out the best time for you.

- They will write the appointment down on a card for you to take home. (It might be good to have your diary with you to check when you are available to come back).
- Then you can leave the clinic.

## Catching the bus to the Mowbray Clinic

Starting Point	Destination	Instructions finding a bus using Google Maps	Bus numbers to catch to Mowbray
St John Street Interchange	Stop 10, Invermay Road	<ul style="list-style-type: none"> <li>• Go to <a href="#">Google Maps</a></li> <li>• Type in St John Street Interchange Launceston as your starting point</li> <li>• Type in 330 Invermay Road, Mowbray as your destination (last stop)</li> <li>• Select a Departure time</li> <li>• Refine your search/route options</li> </ul>	110, 115, 116, 117  Buses leave approximately every 10 minutes
Riverside	Stop 10, Invermay Road	<ul style="list-style-type: none"> <li>• Type in Riverside as your starting point</li> <li>• Type in 330 Invermay Road, Mowbray as your destination (last stop)</li> <li>• Select a Departure time</li> <li>• Refine your search/route options</li> </ul>	150  Check timetable for times  Change buses at St John Street Interchange
Kings Meadows	Stop 10, Invermay Road	<ul style="list-style-type: none"> <li>• Type in Riverside as your starting point</li> <li>• Type in 330 Invermay Road, Mowbray as your destination (last stop)</li> <li>• Select a Departure time</li> </ul> Refine your search/route options	Direct buses (Route 110) will take person past 330 Invermay road. Get off at Stop 10, Invermay Road

## Catching a bus into St John Street Interchange and onto the clinic

You may need to change buses at the St John Street Interchange.



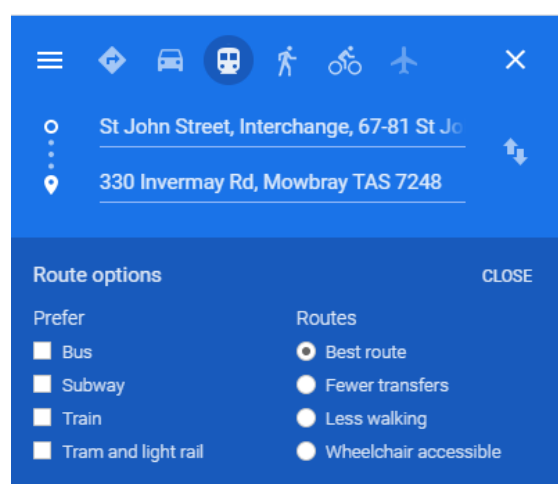
## Find the best bus route

Go to [www.metrotas.com.au](http://www.metrotas.com.au) and look at the following routes:

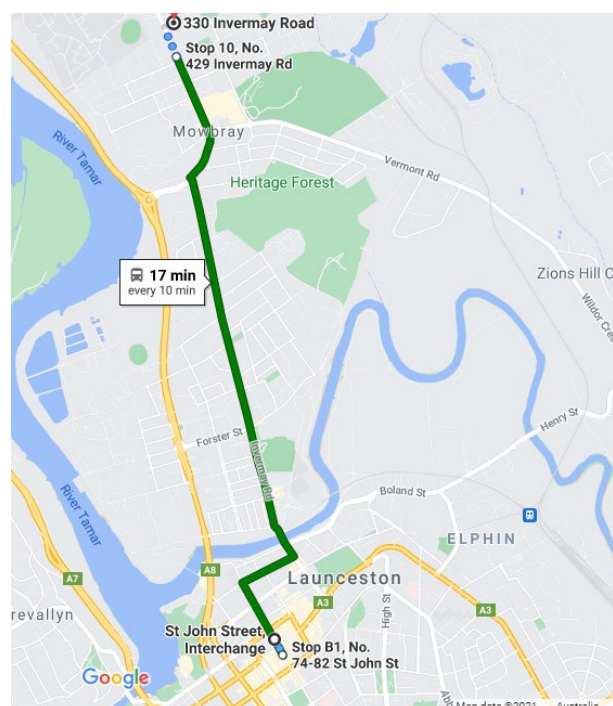
- Northern Turn Up & Go (Routes 110,115,116 117 – Note: 770, 771 and 772 operated by East Tamar Bus Lines)
- Southern Turn Up & Go (Route 110)

You can also use [Google Maps](#) to find a bus route to get to the clinic.

## Example search in Google Maps



## Example bus route from St John Street Interchange to Mowbray Clinic



### Destination - Bus stop 10 Invermay Road, Mowbray

Catch a bus and get off at Bus top number 10 Invermay Road, Mowbray.





Walk a short distance (3 minutes) to the clinic. You will need to cross the road.



## Parking at 330 Invermay Road, Mowbray

The clinic is operating from the Vinnies site (which is currently closed). There is parking at the site.



*Image: Outside clinic showing car parking available*

**DISCLAIMER:** This document is intended as a guide only. Some images have been sourced using Google Maps and are included as examples. Bus timetable details may be subject to change.

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