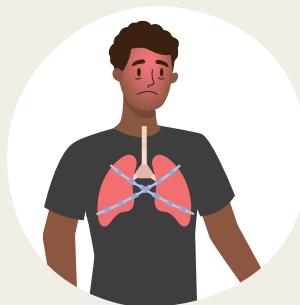


# Tips on how to keep you and your mob safe from COVID-19



**COVID-19 is a new strain of coronavirus that can make you sick.**

Coronaviruses are spread mainly through person-to-person contact, or from the droplets when an infected person coughs or sneezes and contaminates hands, objects and surfaces.

**There is currently no vaccine for the virus so it's important to stay healthy and prepare you and your mob.**

# Wash your hands

Washing your hands is the best way to prevent the spread of COVID-19 and the flu. Make sure you wash your hands properly before you eat, drink, or take care of others. Wash your hands properly after blowing your nose, going to the toilet or changing nappies.

1



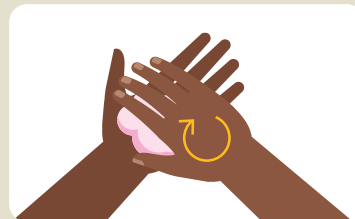
Wet hands

2



Apply soap

3



Lather & scrub

4



Rinse hands

5



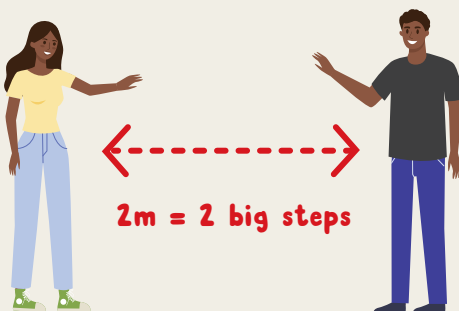
Turn off tap

6



Dry hands

# Avoid gatherings and crowds



## Keep your community safe

If family gatherings or community events are happening in your community, consider not going and have a yarn over the phone instead. Small gatherings in enclosed spaces promote the spread of COVID-19. Try to keep a safe distance between yourself and other people wherever possible.

**STOP  
the  
spread!**

## Keep your family safe

When you sneeze or cough, do it into a tissue or into your elbow rather than your hands. Hands can easily spread the virus to the next surface you touch. Avoid touching your eyes, nose and mouth. If you're feeling sick, keep a safe distance of about 2 metres away from other people. Wave at your mob to say hello and goodbye rather than hugging or kissing.



If you are feeling sick...



If you or members of your family are feeling sick with cold or flu-like symptoms, stay home. Try to avoid being too close to people, especially Elders and people living with illnesses such as **diabetes**, **heart** and **lung problems**, as COVID-19 can make them sicker.

To assess your symptoms and for advice on what to do, call Health Direct line for free on **1800 022 222** or your local **Aboriginal Medical Service (AMS)** or health clinic.

Know the symptoms

Reschedule doctors' appointments if they're not urgent or ask if you can do it over the phone. It's important to try and separate patients who are sick with COVID-19 or flu symptoms from those who need to see a doctor for other medical issues or general wellness checks. Be patient with health services at the moment, everyone is working hard.



## Know the symptoms of COVID-19

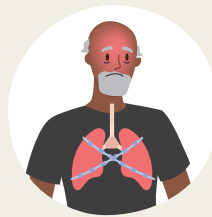
Get tested as soon as you notice symptoms. You can call ahead to your AMS or go to your local testing clinic or Emergency Department. Testing is free for everyone.



**Fever**  
(Temp over 37.5°C)



**Dry cough**



**Shortness of breath**



**Sore throat**



**Runny nose**

Get the flu shot



Keep your health in check by getting a flu shot. Getting the flu shot will help to protect yourself, your family and your community. All Aboriginal and Torres Strait Islander people over 6 months old can get for the flu shot for free under the National Immunisation Program (NIP). Call your local AMS to find out more.

## Be prepared



**Try to have enough of your regular medications to get you by for a few months.** Don't panic and bulk buy items like toilet paper. Instead, ask a friend or family member if they can drop off essential items to you regularly if you need to stay home. Make sure you check in with Elders to see if they are ok, as they might need more support during this time.

## Stay connected

**Ask a friend or family member if you can call or video chat them if you need to stay at home.** Being away from your family and community can be hard, so having someone available to have a yarn with over the phone or video call is important for your wellbeing. Make sure you reach out to your mob to check in and see how they're going as well.



## Stay healthy



**Stay healthy by getting enough sleep, eating well and exercising regularly.** Think about ways you can do this if you need to stay at home, like meal planning and home workouts. Smoking can make you more likely to get the flu and COVID-19. Your local AMS can provide support for you to cut down and quit.



**Make sure you are taking care of yourself.** Tune out from social media if it's making you feel worried, nervous or sad. What you see on social media and the news can be confusing and it's hard to know what is true and what is fake, so be mindful of what you see and hear. For reliable information and more tips on how to prepare yourself, your family and your community visit [health.nsw.gov.au](https://health.nsw.gov.au).



# Let's keep our mob healthy and safe from COVID-19

#StopCOVID19 #SlowTheSpread #CommunityControl



[ahmrc.org.au](https://ahmrc.org.au)

**COVID-19**  
**SL<sup>OW</sup> THE**  
**SPREAD**

