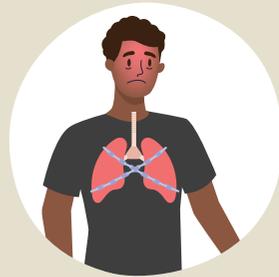


Tips on how to keep you and your mob safe from COVID-19



COVID-19
SLOW THE
SPREAD





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.



Wet hands



Rinse hands

2



Apply soap

3



Lather & scrub

5



Turn off tap

6



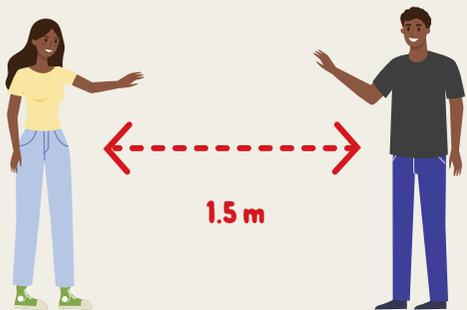
Dry hands

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.

Avoid gatherings and crowds



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 1.5 metres away from other people. Wave at your mob to say hello and goodbye rather than hugging or kissing.



**STOP
the
spread!**

Know the symptoms of COVID-19



Fever
(Temp over 37.5°C)



Dry cough



Shortness of breath



Sore throat



Runny nose

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.

If you
are
feeling
sick...



If you or members of your family are feeling sick with cold or flu-like symptoms, stay home and organise to for you and your family members to get a COVID-19 test at [your local testing clinic](#).

If you are showing any flu like symptoms, get a COVID test.

A COVID-19 test is quick and simple. It involved a healthcare professional taking a swab of your mouth and nose and takes 2-3 minutes.

You will be notified of your test results as soon as they are available and will be given advice on what to do next.

More questions? Call your local health service/Aboriginal Medical Service for support and advice during COVID-19.

Get a
COVID-19
test



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.



**Get
the flu
shot**

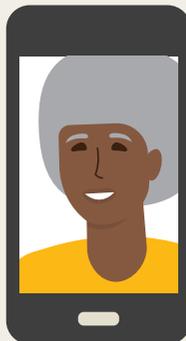
**Be
prepared**



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.

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
connected**



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 so consider cutting down or quitting if you can. Your local AMS can provide support for you to cut down and quit.

**Stay
healthy**





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 in 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://www.health.nsw.gov.au)**.

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



#StopCOVID19 #SlowTheSpread #CommunityControl

Please visit health.nsw.gov.au
for the latest information on COVID-19.

ahmrc.org.au

COVID-19
SL  **W** **THE**
SPREAD



AH&MRC