

# COVID-19 Social Media Pack

The Aboriginal Health and Medical Research Council (AH&MRC) has created a Social Media Pack for our Member Services to share key messaging on the Novel Coronavirus (COVID-19). The Pack covers the key things for mob to remember: to **stay safe, stay calm, stay connected, take care of yourself and take care of one another**. Overall, the Pack aims to highlight the message of solidarity; that we're all in this together and that together we can **#StopCOVID19**

COVID-19  
SLOW THE  
SPREAD



## Stay safe

### Post 1 #COVID19 Tip

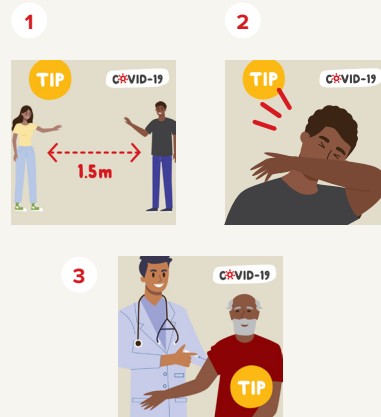
Try to keep a safe distance of 1.5m between yourself and others. For the latest updates visit: [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)

### Post 2 #COVID19 Tip

When you sneeze or cough, cover your mouth and nose with a tissue. Put used tissues in the bin straight away after use. If you do not have a tissue, cough or sneeze into your elbow rather than your hands.

### Post 3 #COVID19 Tip

Keep your health in check by getting a flu shot. The flu shot will help to protect yourself, your family and your community. Aboriginal people over 6 months old can get for the flu shot for free. Call your local AMS to find out more.



## Stay calm

### Post 1 #COVID19 Tip

If you get sick and need to stay at home, ask one of your mob if they can drop off groceries and supplies. For the latest updates visit: [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)

### Post 2

We're all in this together. If you are feeling isolated because of #COVID19, you are not alone. Don't be shame – reach out to Lifeline Australia on 13 11 14 or the Kids Helpline on 1800 55 1800 for confidential counseling and support.

### Post 3

Are you feeling sad or worried during COVID-19? Don't be shame – reach out and ask for help if you need it. Ask a friend or family member for support or call beyondblue on 1300 22 4636 for free counselling.



## Stay connected

### Post 1

Gatherings and crowds help spread #COVID19. If events are happening in your community, think about other ways you can connect, like having a yarn over the phone or a video call instead. For the latest updates visit: [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)

### Post 2 #COVID19 Tip

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 to have a yarn with over the phone or video call is important for your wellbeing.

### Post 3

#SocialDistancing because of #COVID19 doesn't mean we can't stay connected. Phone or video call your loved ones to have a yarn or connect on social media instead.



# COVID-19 Social Media Pack

## Take care of one another

### Post 1 #COVID19 Tip

If you have cold or flu like symptoms, keep a safe distance of 1.5m from people, especially Elders and people living with health conditions like diabetes, heart or lung problems. COVID-19 can make them sicker. For the latest updates visit: [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)

### Post 2

Did you know Elders and people living with health conditions are the most at risk from #COVID19? Check-in with your Elders over the phone or video call them instead of visiting. For the latest updates visit: [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)

## Take care of yourself Videos

### Post 1 #COVID19 Tip

You can't take care of others unless you take care of yourself. There are plenty of ways you can do this at home like cooking a meal, doing a home workout or meditating. find out more: [ahmrc.org.au/publication/self-care-toolkit](https://ahmrc.org.au/publication/self-care-toolkit)

### Post 2 #COVID19 Tip

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 planning healthy meals and home workouts.

### Post 3

It's hard having to change the way we do Sorry Business, but it's important to keep our families and communities safe from #COVID19. If you're struggling, contact your local AMS to see whether you can talk to a mental health worker.

**Video playlist 1:** The AH&MRC created a video series with basketball player Tyson Demos educating Community on deadly handwashing, tips to slow the spread of COVID-19 and how to stay safe from COVID-19. [Watch now](#)

**Video playlist 2:** In partnership with Awbakal, the AH&MRC has created a video series with ENT surgeon Dr Kong on the symptoms of COVID-19, how to socially distance, how to home isolate and providing tips on how to stay connected. [Watch now](#)

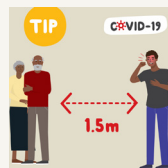
**Video playlist 3:** AH&MRC has created a video featuring AH&MRC's CEO Robert Skeen, encouraging Community to get tested for COVID-19. [Watch now](#)

If you would like hard copies of the videos to share on your website or social media channels please contact [comms@ahmrc.org.au](mailto:comms@ahmrc.org.au)

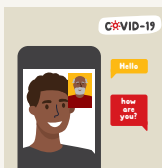
COVID-19  
SLOW THE  
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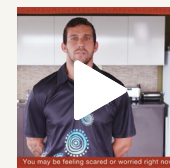
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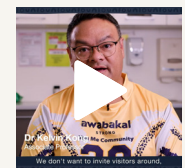
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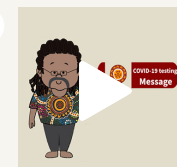
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3



3



# COVID-19 Social Media Pack

COVID-19

## How to use the pack

The posts and tiles in the Social Media Pack have been designed for use across Facebook, Instagram and Twitter. Edit posts as you see fit and add in relevant information including your AMS contact details. Make sure you tag other social media accounts so that relevant stakeholders can be notified and share your posts. Be sure to use hashtags to link your posts up to conversations happening on COVID-19.

Tiles for each of the post can be located here: [ahmrc.org.au/covid19-social](https://ahmrc.org.au/covid19-social)

### Tags



@LifelineAust @beyondblue @KidsHelplineAU @NSWHealth @ahmrc



@LifelineAustralia @beyondblue @KidsHelplineAU @NewSouthWalesHealth @AHMRCNSW



@lifelineaustralia @beyondblueofficial @KidsHelplineAU @newsouthwaleshealth @ahmrc\_nsw

### Hashtags

#SlowTheSpread #CommunityControl #StopCOVID19

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