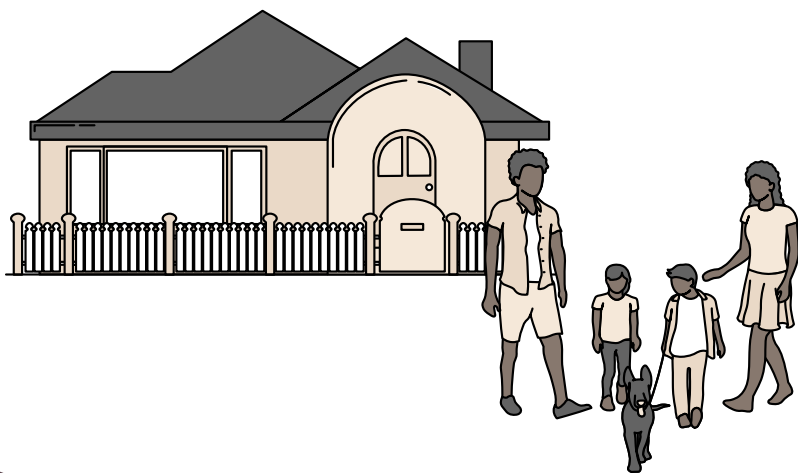


KEEP OUR MOB SAFE STOP THE SPREAD

Information for Aboriginal and
Torres Strait Islander people
and communities about coronavirus.





WHAT IS CORONAVIRUS?

COVID-19 is the disease caused by the coronavirus, SARS-CoV-2.

Coronaviruses cause respiratory infections. These can range from the common cold to more serious diseases. COVID-19 can spread quickly from person to person by:

- close contact with an infectious person
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces that have droplets from an infected person, and then touching your mouth or face.

Coronavirus can infect anyone in our community and the sickness from COVID-19 can be severe, especially in elders and people with underlying health conditions. You can die from COVID-19.





WHAT ARE THE SYMPTOMS?

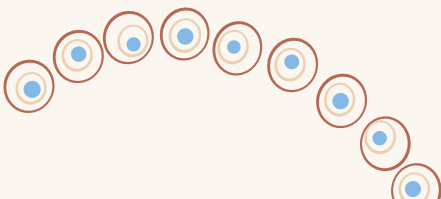
Common symptoms of COVID-19 include:

- coughing
- sore throat
- fever
- trouble breathing
- tiredness/fatigue

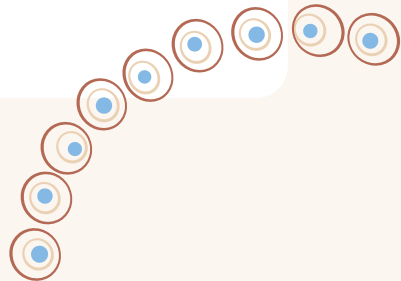
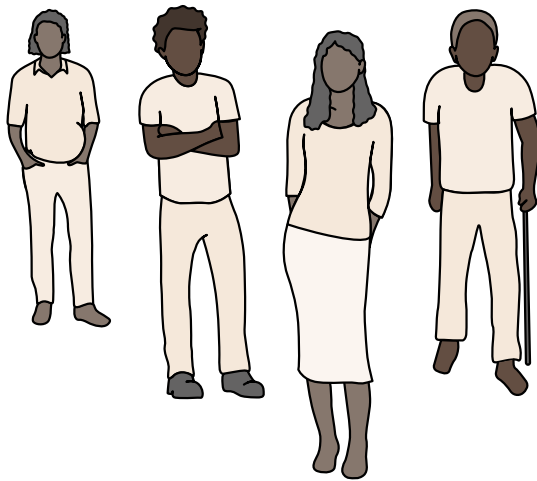
Many people with COVID-19 experience mild symptoms and can look after themselves at home. It's important to get plenty of rest, drink lots of water and eat well. Take your usual pain medication for fever or aches and pains.

For other people, the virus can be very dangerous. It is especially dangerous for Elders and people in our community who have existing health problems, like a bad heart or lungs, or who have diabetes. These people are most at risk of needing to go to hospital from COVID-19. If you're worried about your symptoms, have a yarn with your healthcare worker, or call the National Coronavirus Helpline on 1800 020 080 and choose option 1.

Call Triple Zero (000) for emergencies, if you're having trouble breathing, have chest pain, or feel faint.



**WE ALL NEED TO WORK
TOGETHER TO KEEP
OUR COMMUNITIES
SAFE AND HELP
STOP THE SPREAD OF
COVID-19**



HOW TO KEEP THE GERMS AWAY

COVID-safe behaviours remain an important part of taking care of each other. We all need to play our part to protect ourselves and our mob.

- Keep your hands clean. Where possible, wash hands with soap for at least 20 seconds after you cough or sneeze, go to the toilet, and before you make any food.
- Cough or sneeze into the inside of your arm or elbow, not your hands.
- Put your tissues in the bin after you use them and wash your hands after.
- Don't touch your face with dirty hands – especially your eyes, nose and mouth. This is where the virus can enter your body.
- Clean surfaces often, such as doors, kitchen and bathroom, and use disinfectant where you can to kill any germs.
- Don't hug or shake hands with people, or share drinks or cigarettes
- Try to practice social distancing, staying 1.5 metres apart or two big steps.
- Stay up to date with COVID-19 vaccinations.





PREGNANCY – STAYING SAFE FOR MUM AND BABY

The best protection against COVID-19 for mum and baby is to be fully vaccinated. Women who are pregnant, planning to get pregnant, or breastfeeding can get the Comirnaty (Pfizer) and Spikevax (Moderna) COVID-19 vaccines now.

There is a high risk of pregnant women and their unborn baby getting very sick from COVID-19. To protect you and your unborn baby, you will need two doses of the Comirnaty (Pfizer) vaccine or two doses of the Spikevax (Moderna) vaccine, followed by a booster dose 3 months later.

DON'T FORGET TO GET YOUR FLU VACCINE

A flu vaccination is more important than ever this winter. It won't protect you against COVID-19, but it reduces your risk of catching and spreading the flu and requiring medical help.

Getting the flu and COVID-19 at the same time can make you very sick. Call your doctor, health care worker or pharmacist to arrange your vaccination.



PROTECTING OUR COMMUNITIES

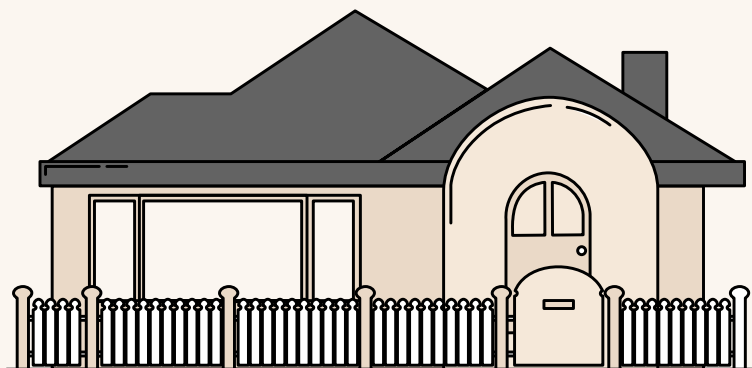
STAYING AT HOME WHEN YOU'RE UNWELL

If you feel unwell or have COVID-19 you need to stay at home and isolate immediately. If you have COVID-19 but other people in your house, try to stay away from them as much as you can.

Different states and territories have different requirements for close contacts of people with COVID-19. If you are a close contact of someone who has COVID-19, visit your state or territory health department website to see what rules apply to you.

Staying at home and isolating when you are unwell will help stop the spread of COVID-19 and other viruses. Symptoms such as coughing, sneezing and fatigue are all signs that your body is fighting an illness.

While you're isolating, order groceries or medicine online if you can, or get friends to get them for you and leave them at your door.



KEEPING OUR DISTANCE

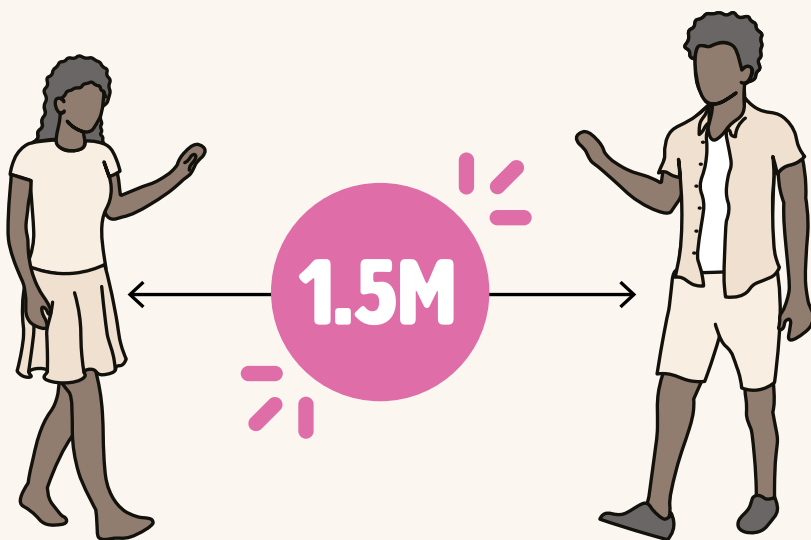
We can protect ourselves, Elders and community during the COVID-19 outbreak by 'social distancing' or 'physical distancing'.

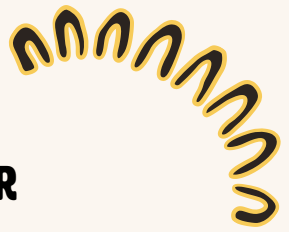
This means keeping a safe distance of **1.5 metres**, or **two big steps**, between us and other people.

This includes when you have visitors in your home and when you are visiting others.

TIP: If you don't have enough space, try your best and also wear a mask.

If you're feeling sick, try to stay home until you feel better. Order groceries or medicine online if you can.





GET THE FACTS! TALK TO YOUR DOCTOR

If you are sick, you can use a service called **telehealth** where a doctor or healthcare worker will use video or talk to you on the phone to provide medical advice. This helps reduce the spread of the virus at health clinics and services. Call your health care worker or doctor to find out more.

You can also still go to see the doctor or health service, but it's better to phone first if you have a fever, cough or sore throat. **Don't forget your mask and sanitiser!**

You are at a higher risk of getting very sick if you smoke. To get help to quit smoking, call the Aboriginal Quitline on **13 7848** or download the **My QuitBuddy** mobile app



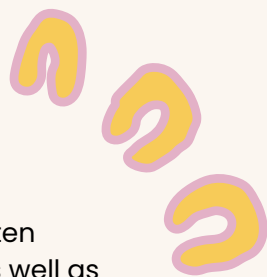
STAY MENTALLY STRONG

Our mob's wellbeing and personal identity is often connected to culture, community and family as well as spiritual ties to ancestors and land. These connections can build and strengthen resilience, and social and emotional wellbeing.

It is very important to think about our mental health to stay strong. COVID-19 has affected many of us in different ways, during this time we must try and do things that help us to cope and maintain good mental health. Here are some ways to stay mentally healthy.

- Stay connected as it can be tough to be separated from our family, friends and community due to the pandemic. If you are feeling isolated or are struggling to cope reach out for support through the phone or video calling.
- Maintain a healthy diet, exercise and ensure you are getting a good nights rest.
- Reach out for support if you have been feeling stressed about work, finances and housing which play a major role in everyday life. You may also be dealing with family related issues such as difficult living situations, risk of domestic abuse or worries about loved ones' safety.

Head to Health can help you find the right support for your circumstances and how to cope in the meantime. Visit **headtohealth.gov.au** for the latest advice and resources.



FIND HELP AND SUPPORT

If you are having worrying thoughts or need to talk to someone to help you and your family stay safe at home, you can call or chat online. You can also call your local Aboriginal Medical Service or local clinic.

Domestic violence, crisis support and suicide prevention services are available 24 hours a day, seven days a week.

- Call **13 11 14** or visit: **lifeline.org.au** OR
- For women: 1800 RESPECT **1800 737 721** or visit **1800respect.org.au**
- For men: **1300 78 99 78** or visit **mensline.org.au**
- For children: **1800 551 800** or visit **kidshelpline.com.au**

Free and confidential support and counselling services:

- **headtohealth.gov.au**
- Call **1800 650 890** or visit **headspace.org.au**

Access aged care services including urgent support.

- Call **1800 200 422** or visit **myagedcare.gov.au**

Find out about government payments and services.

- Call **136 240** or visit **servicesaustralia.gov.au**

Learn more about support for businesses.

- Call **132 846** or visit **business.gov.au**

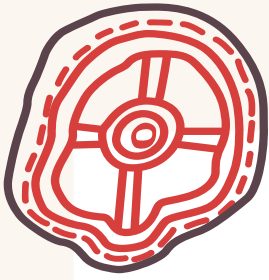
For employment support, contact the Department of Education, Skills and Employment.

- Call **1300 566 046** or visit **dese.gov.au**

To access regular food supplies and prepared meals, contact Meals on Wheels. (Not available in all locations)

- **mealsonwheels.org.au**





GET THE RIGHT INFORMATION

- Stay up to date by visiting **australia.gov.au**
- Follow **#keepourmobsafe** on social media.
- Call the 24 hour National Coronavirus Helpline on **1800 020 080**.

