

Stop the spread of COVID-19

Coronavirus (COVID-19) is a dangerous illness that can spread from person to person. Practicing good hygiene and staying healthy can help stop the spread in our communities.

The coronavirus (COVID-19) can be very dangerous especially for our Elders and people who already have health problems. We are a big mob but now we need to become a small mob.

It is important to stay connected and strong as a community during the coronavirus (COVID-19) outbreak. That includes looking after our community wellbeing and mental health.

For more information:
nsw.gov.au/covid-19

Feeling unwell?

Call Healthdirect (24-hour help line) on
1800 022 222

Need support?

Call the Mental Health Line on
1800 011 511

KEEP OUR COMMUNITIES HEALTHY

Stop the spread of COVID-19

Good health and hygiene

- **Cover a cough** with the inside of your elbow instead of your hand.



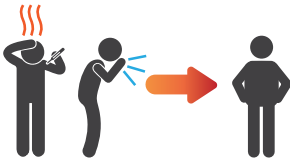
- **Wash your hands** with soap and water for at least 20 seconds after you cough, sneeze, go to the toilet, and before making food or eating.



- **Put tissues in the bin** and wash your hands straight away.



- **Keep a distance** from other people, especially if they are sick.



- **Clean your home** well, especially if someone gets sick



Protect community and Elders

- **Stay away from public places** where there are groups of people, except to get important things like food or medicines.



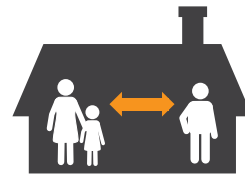
- **Stay at home** to help stop illness spreading between communities



- **If you need to self-isolate** in a house with other people limit your time with others. Keep to your own room and don't share meals or household items.



- Unless you are caring for someone who is unwell in your home, **keep a distance from people.**



- **Culture is important** but for now limit all community and social activity. This includes all funerals and Sorry Business.



Stay connected to keep our mob healthy

- **Keep in contact with friends and family** over the phone or online. Talk to people about how you are feeling.



- **Ask people** if they are okay. We need to look out for each other. It's important to think about our levels of stress and anxiety. Remind yourself this situation will pass.



- **Keep up to date on information** only from trusted sources and help share trusted information with others.



- If you are spending lots of time on social media or watching lots of COVID-19 news on TV, make sure to **take breaks and do something that you enjoy.** It might be painting, exercise in the house or yard, spending time with your pets, or playing a game with your children.



If you or your family get sick call your local health service for advice. In an emergency, call 000

If you are sick, let people know and contact your local health service.

Look after yourself and others. Ask for help if you need it.