

# Coronavirus COVID-19

## How to support our mob and communities



**COVID-19 is the talk of the town and we want to make sure that you mob understand what all the fuss is about.**

We know it spreads from person to person and that our Elders and those with chronic health conditions are most at risk. This makes it even more important for Aboriginal and Torres Strait Islander people to know how to protect yourself and your mob. Whether at home or for mob working on the frontline in the health sector – here are some helpful tips.

### Hand hygiene is everyone's business

**Good hand hygiene helps protect you against infection and helps stop the virus spreading among the mob.**

Good hand hygiene includes:

- covering your coughs and sneezes with your elbow or a tissue
- disposing of tissues properly and then washing your hands
- washing your hands often with soap and water for at least 20 seconds, including before and after eating and after going to the toilet
- using alcohol-based hand sanitisers (60-90% alcohol)
- cleaning and disinfecting surfaces, **including phones**
- staying at home when you are unwell

### What to do if you are sick

- If you have cold/flu symptoms, it is advised that you remain indoors and away from other people (self-isolation). This can be difficult with lots of us living with extended family but it's our responsibility to protect our Elders and those living with health issues.
- Wearing a mask, practising good hand hygiene and staying away from Elders and mob who have health issues is essential.
- It is also important to know when and how to access health services – contacting your local AMS or GP via phone or following any of the links on this flyer is a good place to start.
- If you have been tested for COVID-19, you **MUST** self-isolate until you receive the results.

### How to keep yourself and the mob healthy

**If you are well** and share your home with mob, the following can help keep you all healthy:

- you do **NOT** need to wear a mask if you are well
- avoid sharing food, drinks or smokes
- avoid/minimise co-sleeping where possible
- increase good hand hygiene
- increase disinfection of surfaces including mobile phones and door handles
- minimise or avoid large gatherings
- minimise coming and going of visitors
- avoid leaving community **if not necessary**
- if you need to leave community, practise good hand hygiene and avoid crowded places
- avoid large public gatherings
- keeping a distance of 1.5metres between you and other people where possible
- decreasing physical contact, especially with people at higher risk such as Elders and people with existing health conditions.

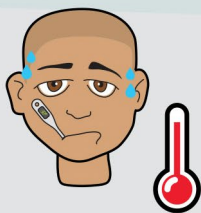
### Call your doctor if you feel unwell

**Call your doctor or clinic if you have a fever, coughing or difficulty breathing** – especially if you have a chronic heart, lung or kidney condition, diabetes or weak immune system.

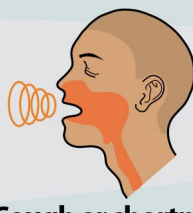
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Most people have mild cold or flu-like symptoms

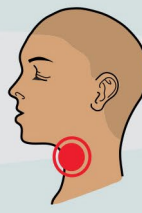
## What are the symptoms?



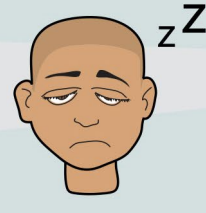
**Fever** (sweats)



**Cough or shortness of breath**



**Sore throat**



**Tiredness**

## What treatment is needed?



**Medication**  
(Paracetamol)



**Drink fluids**  
(water)



**Rest**  
(sleep)

## Coronavirus can spread through close contact and droplets



**Touching people or surfaces**



**Door handles**



**Phones**



**Coughs and sneezes**

## How can I reduce the spread of Coronavirus?

### How to stay well



**Stay home**  
(rest)



**IF YOU ARE UNWELL**

**CALL CLINIC**

### Wash hands with soap



**before food**



**after coughing or sneezing**



### Cover coughs and sneezes



**use tissue**



**upper sleeve or elbow**

**Wash hands with soap**



### Bin used tissues



**Wash hands with soap**



### Keep away



**1.5 metres**

**Self-isolate if sick**

### NO SMOKING



**do not smoke**  
**do not share smokes**

### Take medications



**use regular medication and puffers**

**Get the INFLUENZA vaccine**

## More information

Department of Health  
<https://bit.ly/3bcelCG>

NSW Health  
<https://preview.nsw.gov.au/covid-19>

North Coast PHN  
[www.ncphn.org.au/coronavirus-information](http://www.ncphn.org.au/coronavirus-information)

Aboriginal Community Controlled Health Organisations  
[www.nacchocommunique.com](http://www.nacchocommunique.com)  
[www.ahmrc.org.au/coronavirus/](http://www.ahmrc.org.au/coronavirus/)



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