

# Coronavirus COVID-19

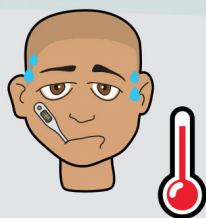
## How to support our mob and communities



**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 is a dangerous illness that spreads from person to person and 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 community – here are some helpful tips.

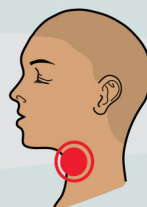
### What are the symptoms?



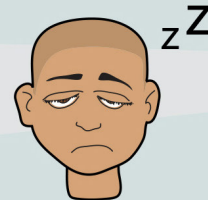
**Fever** (sweats)



**Cough or shortness of breath**

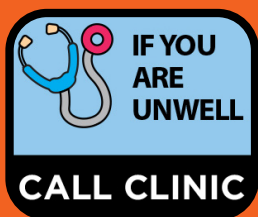


**Sore throat**



**Tiredness** (excessive)

**Most people have mild cold or flu-like symptoms  
but for some people it can be severe**



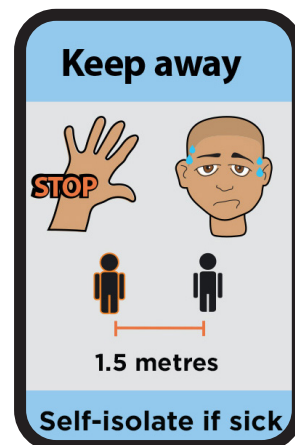
Call your doctor if you have a fever, cough, sore throat or shortness of breath – especially if you have a chronic heart, lung or kidney condition, diabetes or weak immune system.

If you have serious symptoms such as difficulty breathing, call 000 for urgent medical help.

### What to do if you are sick

**It is our responsibility to protect our Elders and those living with chronic health issues.**

- If you have cold/flu symptoms, it is advised that you remain indoors and away from other people, in a separate room if possible (self-isolation).
- Wearing a mask, practising good hand hygiene and staying away from Elders, friends and family who have health issues is essential.
- You do NOT need to wear a mask if you are well.
- Call your usual doctor or AMS for advice.
- If you have been tested for COVID-19, you MUST self-isolate until you receive the results.



Capital Health Network acknowledges the traditional custodians of the land we work and live on, the Ngunnawal people and acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region.



# Hand hygiene is everyone's business

## Coronavirus can spread through close contact and droplets



## 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).

## How can I reduce the spread of Coronavirus?

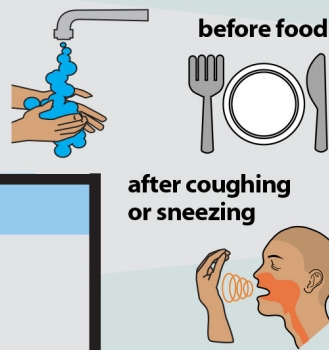
### How to stay well



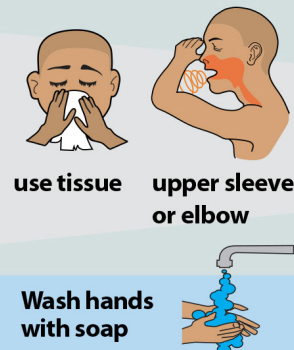
### Keep away



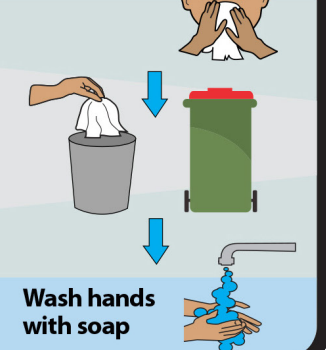
### Wash hands with soap



### Cover coughs and sneezes



### Bin used tissues

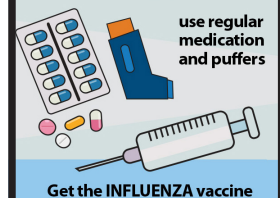


## How to keep yourself and your family healthy

If you are well, the following can help keep you healthy:

- Don't leave home, **especially if you are over 50 years old and/or have a chronic condition.**
- It is ok to leave home to; shop for essentials, seek medical care, exercise, work (if you cannot work from home) and drop food and supplies to elderly family members.
- Stay 1.5metres away from everyone.
- Avoid contact with anyone you don't normally live with.
- Avoid sharing food, drinks, boondahs and pipes, and avoid touching your face.
- Clean and disinfect mobile phones, door handles, benches and tables.
- Take regular medications and puffers, avoid smoking and have the flu vaccine.
- Contact your usual doctor or health service for questions about routine medical care and medications.
- Check in with family members by phone, email or social media often.

### Take medications



### Don't share



## More information

### ACT Health

[www.covid19.act.gov.au](http://www.covid19.act.gov.au)  
COVID-19 Helpline (02) 6207 7244, 8am – 8pm daily

### Health Department

[www.health.gov.au](http://www.health.gov.au)

Coronavirus Health Information Line: 1800 020 080, 24/7

Download the 'Coronavirus Australia' government app  
Aboriginal Community Controlled Health Organisations



[www.nacchocommunique.com](http://www.nacchocommunique.com)



[www.winnunga.org.au](http://www.winnunga.org.au)  
62846222

## For mental health, social and emotional wellbeing information and support

<https://headtohealth.gov.au/covid-19-support/covid-19>

**Beyond Blue:** 1300 22 4636, 24/7  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Lifeline:** 1311 14, 24/7

**Financial difficulties:** 1800 007 007  
<https://ndh.org.au/>

**Domestic Violence Hotlines:** 1800 RESPECT

**Aboriginal Family Domestic Violence:** 1800 019 123

