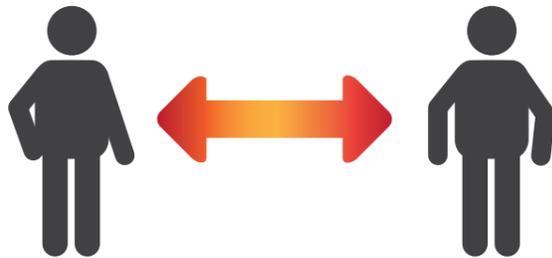


KEEP OUR COMMUNITIES HEALTHY

Protect community and Elders to stop the spread of COVID-19

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.

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.



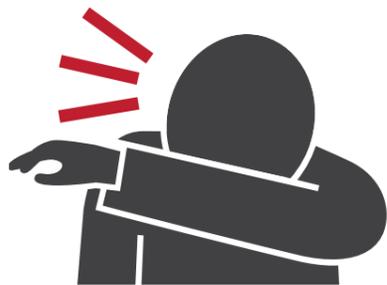
If you are sick, let people know and call your local health service.

KEEP OUR COMMUNITIES HEALTHY

Good health and hygiene 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.

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



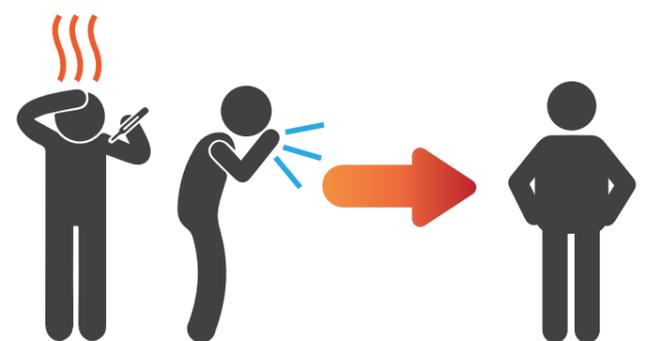
Wash your hands with soap and water for at least 20 seconds after you cough, sneeze, go to the toilet, and before making food or eating.



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.



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

KEEP OUR COMMUNITIES HEALTHY

Stay connected to keep our mob healthy and stop the spread of COVID-19

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.

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.



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.



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



Look after yourself and others.

Ask for help if you need it.

KEEP OUR COMMUNITIES HEALTHY

Sorry Business and Coronavirus

Culture and ceremony, such as large gatherings for Sorry Business, are very important to our communities.

To keep our communities healthy during the coronavirus (COVID-19) outbreak, we need to change how we go about Sorry Business. This will help protect our Elders and those who already have health problems.

The Federal Government has banned large indoor and outdoor gatherings to stop the spread of COVID-19. This impacts how we do Sorry Business and family gatherings while the outbreak is happening.

- **Avoid travel between communities** to keep from spreading the virus to other communities or bringing it back to your own community. Some communities have travel restrictions in place.



- **Consider other ways** to undertake Sorry Business during this time:

- Family members can record video messages on phones to be played on screens at a funeral.
- Talk to your local church, or another church in a key community, about setting up a private broadcast for family and community. Technology on smartphones and apps can be useful, such as Zoom, Skype, and Facetime.
- Setting up a private online broadcast from a funeral allows people who can't be there because of the travel restrictions to watch and be a part of the ceremony. For example, a sermon in Newcastle could be Skyped or broadcast to community members in Tamworth at the same time.



- **Talk to your mob** about other ways to have sorry business that will keep the community safe. Help everyone understand that gatherings risk spreading the COVID-19 illness.



- The most important way to stay healthy and protect our Elders and community is to **stay at home and keep a distance** from other people, especially if anyone feels unwell.



Help is available

These changes and the impacts of COVID-19 can be distressing for our community. If you or someone you care about is feeling distressed call the NSW Mental Health Line on **1800 011 511** for confidential mental health support.

If you are feeling unwell, call Healthdirect on **1800 022 222**.

Find out more: nsw.gov.au/covid-19