

# Keeping COVID-safe

## Tips for mob

Sadly, COVID is not going anywhere anytime soon. It will continue to impact our lives for some time yet. Even though many of us have been vaccinated, this is only part of the solution. We still need to protect ourselves and our mob from COVID.

**HEALTHY**  
NORTH COAST

**phn**  
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An Australian Government Initiative

Healthy North Coast is an independent, not-for-profit organisation proudly delivering the PHN Program in North Coast NSW.

[hnc.org.au](http://hnc.org.au)

Remember to wash your hands regularly with soap and water

### HOW TO HELP STOP THE VIRUS SPREADING AMONG THE MOB



**Wash your hands often** with soap and water for at least 20 seconds, including before and after eating, and after going to the toilet.



**Use alcohol-based hand sanitisers that contain 60–90% alcohol.** Always remember hand sanitisers can be dangerous if swallowed. Keep the bottle in a safe place away from the little fellas.



**Cover your nose and mouth when coughing and sneezing** with a tissue, or use your elbow, not your hands.



**Dispose of tissues** in a bin or bag you can tie up and then wash your hands.

**Avoid touching your face and don't shake hands with others.**



**Regularly clean and disinfect frequently touched surfaces** and items such as mobile phones, remote controls, doorknobs, taps and light switches, etc.

Use surface cleaners or disinfectant with a paper towel for cleaning, and throw paper towels in the bin afterwards. NSW Health suggests cleaning surfaces with detergent then wiping with a diluted bleach solution, 1 tablespoon bleach to 4 cups of water.

If you are wanting to be vaccinated against COVID, yarn to your local Aboriginal medical service or GP to discuss your options. If you have already had your first and second vaccination, you will need a booster shot 6 months after your second dose, yarn to your health professional for more information.

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It's important we protect our Elders and those with chronic health conditions

## What to do if you are sick

### WHAT ARE COVID-19 SYMPTOMS?

Symptoms of COVID can include:

- headache
- sore throat
- runny or blocked nose
- fever
- cough
- muscle or joint pain
- loss of taste or smell.

Other symptoms can occur, your AMS or GP will tell you if you need to get a test.



**If you need a COVID test, it is important to remain in isolation until your test comes back negative. You will be sent an SMS to tell you if your test is negative.**

**If your test is positive, you will be sent an SMS and contacted by someone from NSW Health (this may come up as a private number on your phone).**

### AND WHAT SHOULD I DO IF I HAVE SYMPTOMS?

- ✓ Get tested for COVID
- ✓ Stay indoors and away from others until you get a negative test result
- ✓ Wear a mask when you need to be near others
- ✓ Wash hands and use sanitiser more often
- ✓ Increase disinfection of surfaces and frequently touched items
- ✓ Keep 2 big steps away from others
- ✓ Limit physical contact with others especially Elders and those with chronic health conditions
- ✓ Call your doctor or AMS for advice if you have a fever, coughing or difficulty breathing
- ✗ Do not share drinks, food or smokes
- ✗ Do not have visitors in your home unless they are essential carers
- ✗ Avoid leaving community if not essential
- ✗ Avoid co-sleeping where possible
- ✗ Do not attend large gatherings or crowded places

#### FOR MORE INFORMATION

If you have any questions about COVID, contact your local Aboriginal medical service, GP or the National Coronavirus Helpline on 1800 020 080.