

Quick reference guide!

KEEPING OUR MOB HEALTHY & SAFE

Updated 28 September 2020



WHAT IS CORONAVIRUS (COVID-19)?

Coronavirus (COVID-19) is a disease caused by a new germ or bug, passed from person to person through tiny droplets when people cough or sneeze.

SYMPTOMS

Symptoms of coronavirus (COVID-19) include having a fever, difficulty breathing, cough, sore throat, chills or sweats, a runny nose or a loss or change in your sense of smell or taste. Even if you're feeling only a little bit unwell, it is important to get tested straight away and stay at home until you get your results.

WAYS WE CAN KEEP OUR COMMUNITIES SAFE

Coronavirus (COVID-19) is serious business. Our Aboriginal and Torres Strait Islander communities are more at risk, because of underlying health problems, like diabetes, asthma and heart disease.

- Wash your hands often for 20 seconds with soap and water or use hand sanitizer, especially after you have been in a public place, after blowing your nose, coughing or sneezing, or using the toilet, and before and after you take off your face mask.
- Try not to touch your face before you wash your hands.
- It's important to not shake hands, hug or kiss mob. Keep 1.5 meters between yourself and others.
- Cover any coughs or sneezes with a tissue and throw it away or use your elbow or upper sleeve, then wash your hands straight away.
- Across Victoria, we must all wear a fitted face mask, covering the nose and mouth when we leave our home (there are only some exceptions).
- Try not to share drink bottles, cups, or cutlery with anyone else, unless you live with them.



There are restrictions currently in place in Victoria that we must follow to keep ourselves and our communities safe. Police can give you large fines if you don't follow the restrictions. It's important to stay up to date with the latest restrictions, as they have been changing quickly.

MEDICAL SERVICES / TESTS / MASKS

Victorian Aboriginal Health Service (VAHS) 03 9403 3300

VAHS Fitzroy Respiratory Clinic 0478 767 140

The COVID-19 Hotline 1800 675 398

Victorian Aboriginal Community Controlled Health Organisation (VACCHO) 03 9411 9411

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WAYS TO KEEP OURSELVES GROUNDED & CONNECTED

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Remember that you are not alone and there is support out there. Here are some ways to keep strong and healthy during this challenging time.

- *Yarn with friends, other young mob, or loved ones.*
- *Sleep well, eat well and exercise.*
- *Get in tune with your creative self & connect with country if you can.*
- *Challenge yourself to learn a new skill.*
- *Follow deadly mob online!*

Instagram: Clothing the Gap, Culture is Life, Strong Brother Strong Sister, Ngarrimili, Korin Gamadji Institute, Blak Business

- *And follow us! www.koorieyouthcouncil.org.au*

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Support Services

Remember that if you need support, there is support out there.

Yarning SafeNStrong 1800 95 95 63 (Available 24 hours/7 days)

Djirra Aboriginal Family Violence Response & Support Service 1800 105 303 (Mon-Fri, 9am-9pm)

safe steps Family Violence Response Centre 1800 015 188 (Available 24 hours/7 days)

Lifeline 13 11 14 (Available 24 hours/7 days) lifeline.org.au

Kids Helpline 1800 55 1800 (Available 24 hours/7 days) kidshelpline.com.au

QLife 1800 184 527 (3pm-midnight/7 days) Online Chat qlife.org.au/resources/chat

headspace 1800 650 890 headspace.org.au

Latest Restriction Updates

Remember to stay up to date - as this info is constantly changing!

Victorian Aboriginal Community Controlled Health Organisation (VACCHO)

03 9411 9411 www.vaccho.org.au

Department of Health and Human Services (DHS)

1800 675 398 www.dhhs.vic.gov.au/coronavirus



Justice and Community Safety



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