

COVID-19: Information for Indigenous Communities

Key Updates: March 30 2020

- Everyone should stay home where possible. This is especially important for anyone with a chronic illness and Aboriginal and Torres Strait Islander people over 50.
- We need to encourage aunties, uncles and Elders to stay at home and not to see other people. Keep in contact over the phone or online. Deliver food and supplies to their house so they don't have to go out. It's important to protect our communities.
- The Prime Minister has announced changes to gatherings in public to only two people. More than two people from your own household are okay where essential, like to get fresh air or groceries but the safest place is at home.
- Official text messages are being issued by the government to help communicate about coronavirus. Community members might receive a text message from the government. You can check [Australia.gov.au](https://www.australia.gov.au) for more information. If you receive a message you are concerned about, talk to someone you trust.
- You can download an app on your phone for updates - search 'Coronavirus Australia' or join the WhatsApp channel. Information is available at [Australia.gov.au](https://www.australia.gov.au).

Key messages

- Keep our mob safe, stop the spread.
- Coronavirus is a sickness that can spread from person to person.
- It can be dangerous, especially for our Elders or people who are already unwell.
- We can all help stop the spread in our communities.
- Wash your hands for 20 seconds and keep your hands clean.

- Keep your distance from other people to protect our communities.
- If you are feeling unwell you can...
 - Call your local medical service, health clinic or someone you trust in the community.
 - Call the 24 hour National COVID-19 Hotline on 1800 020 080.
 - Find out more information about coronavirus (COVID-19) by visiting [health.gov.au](https://www.health.gov.au) or #keepourmobsafe