

Coronavirus: Information for Indigenous Communities

Last updated: 22 April 2020

Key messages 22 April 2020:

- Coronavirus is a sickness that can spread from person to person. It can affect everyone in our communities.
- It can be dangerous, especially for our Elders or people who are already unwell.
- This sickness affects everyone, no one is immune. Some people are more at risk of complications from the virus than others, but we all are part of stopping the spread to protect ourselves, our family and our communities.
- Our mob are at particular risk, especially those of us who are over the age of 50 and have a chronic illness.
- The spread of the coronavirus has started to slow down. This is because so many of us have been doing the right thing for our communities and Elders by following the health advice.
- This doesn't mean we can relax just yet. We need to keep working hard to keep our communities safe.
- It is important to keep following the health advice:
 - Stay at home as much as possible, especially if you are over 50 years old and have a chronic illness.
 - Keep your distance, two big steps, from other people to protect our communities.
 - Where possible, wash your hands with soap and water for 20 seconds and keep your hands clean.
 - Cough or sneeze into your arm or elbow, not your hands.
 - Put your tissues in the bin after you use them and wash your hands after.
 - Avoid touching your face with dirty hands – especially your eyes, nose and mouth. This is where the virus can enter your body.
 - Clean surfaces regularly such as tables, kitchen benches, door handles, railings as well as commonly used items such as toys, phones, keys and wallets. Try and use antibacterial spray or disinfectant to remove the germs.
- If we stop doing these things now, the virus will start to spread quickly once more. Only go out if you are exercising, need to buy food, need medical care, or have to go to work.
- Make sure you don't miss important medical appointments if you have health issues. You can call your clinic to see if telehealth is an option. Otherwise it is okay to leave your home to attend these appointments.
- Remember to get your flu shot at your GP, community health clinic or Aboriginal Medical Service. It is available for free for all Aboriginal and Torres

Strait Islander people over six months old. It's not recommended for babies under six months.

- Even though the new changes are difficult, we have to stay strong and keep doing what's right, protecting the health of all our mob.
- Together, we can keep our mob safe and stop the spread.