

Key messages:

- Coronavirus is highly contagious and easily spreads from person to person.
- It can affect our people and everyone in our communities. Aboriginal and Torres Strait Islander people, like everyone, can get coronavirus.
- The virus is especially dangerous, for our Elders and those of us who have chronic illness including our young people who have Rheumatic Heart Disease.
- If you have any cold or flu like symptoms, even if they are mild, it is essential that you stay home, away from others and get tested for COVID.
- The spread of coronavirus has started to slow down in the big cities and has not spread to our remote communities. Everybody has worked hard to stop coronavirus from spreading.
- We all need to continue to work hard to keep our families and communities safe from coronavirus. It is important to listen to the health advice on your TV or check with your health service for the latest information, and stay at home as much as possible, especially if you are an Elder or have a chronic illness.
 - o Keep your distance, two big steps, from other people to protect our communities.
 - o Wash your hands with soap and water for 20 seconds and keep your hands clean.
 - o Cough or sneeze into your arm or elbow, not on your hands.
 - o Put your tissues in the bin after you use them and wash your hands after.
 - o Avoid touching your face with dirty hands – especially your eyes, nose and mouth. This is where the virus can enter your body.
 - o 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, and our communities could be at risk.
- Together, we can keep our mob safe and stop the spread.