

Preventing Coronavirus Outbreaks in

Aboriginal Communities

* Protecting Elders * Protecting Family * Protecting Yourself *

The most important things for everyone to remember are:

- Wash your hands for 20 seconds often, **with soap and water**
- Try not to touch your face, **nose or mouth unless you've just washed your hands**
- Try not to kiss or shake hands **with people**
- Try and keep one and a half metres away from other people
- Cough or sneeze into your elbow *(if you don't have a tissue)*
- Be ready for Winter - Get your free flu vaccination at your local Health Centre/ GP/ AMS. Over 50? Get a free pneumonia vaccination too.
- **COVID 19 Screening Clinics: Please see ATTACHED FLIER for a LIST of ASSESSMENT CLINICS IN YOUR LOCAL AREA.**
- **If you get sick, stay at home ask your GP or call**  **NSW Health Health Direct Hotline on 1800 020 080** 

