

# 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**

