



Continue good hygiene and physical distancing

It's important to continue good hygiene and physical distancing, even as restrictions ease. Even if you feel well, you could spread the virus to others without knowing. The best thing we can all do to protect our communities is to keep washing our hands regularly and keep a safe distance from others. This means two big steps apart.

It's also important to watch out for any symptoms of COVID-19 in yourself and in your family. Getting tested will help catch any early cases before they spread too far, and will help protect your family and community. Get tested even if you only have mild symptoms.

If you are unwell, stay home and self-isolate until you feel better or your healthcare professional says it's safe to return to work or school.



Key contacts

For information and resources to help keep our mob safe, visit

[nsw.gov.au](https://www.nsw.gov.au)

If you have questions about COVID-19, call the **Healthdirect** 24-hour help line

1800 020 080

If you are worried about how you or someone close to you is dealing with stress during this time, call

1800 512 348

to speak with a counsellor (24-hour helpline)

If you or your family get sick, call your local health service for advice.

In an emergency, call

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COVID-19

LOOKING AFTER YOUR HEALTH AND WELLBEING

TIPS TO KEEP OUR MOB SAFE



> KEEP OUR MOB SAFE



Continue health care appointments and medications

It's more important than ever to keep up with medical appointments and medications, especially if you're over 50 and have an existing health problem. This includes getting the flu vaccine and other recommended vaccinations. Staying as healthy as possible at this time is a really important way to protect yourself from the impacts of COVID-19.

Self-isolating doesn't mean you should stop seeing your doctor, specialist or mental health provider. You can still attend these appointments in person, or check if the service offers telehealth where you can talk to a doctor or health care provider by phone or video call.



Looking after your social and emotional wellbeing

Feeling stressed and anxious is completely normal, especially during the coronavirus outbreak. For some people, this time might trigger feelings they have had before. For others, it might be new feelings of stress or anxiety. Either way, there are things you can do to help how you are feeling.

If you notice yourself worrying, take some deep breaths. Try to ground yourself and be present in the moment. Remember this won't last forever.

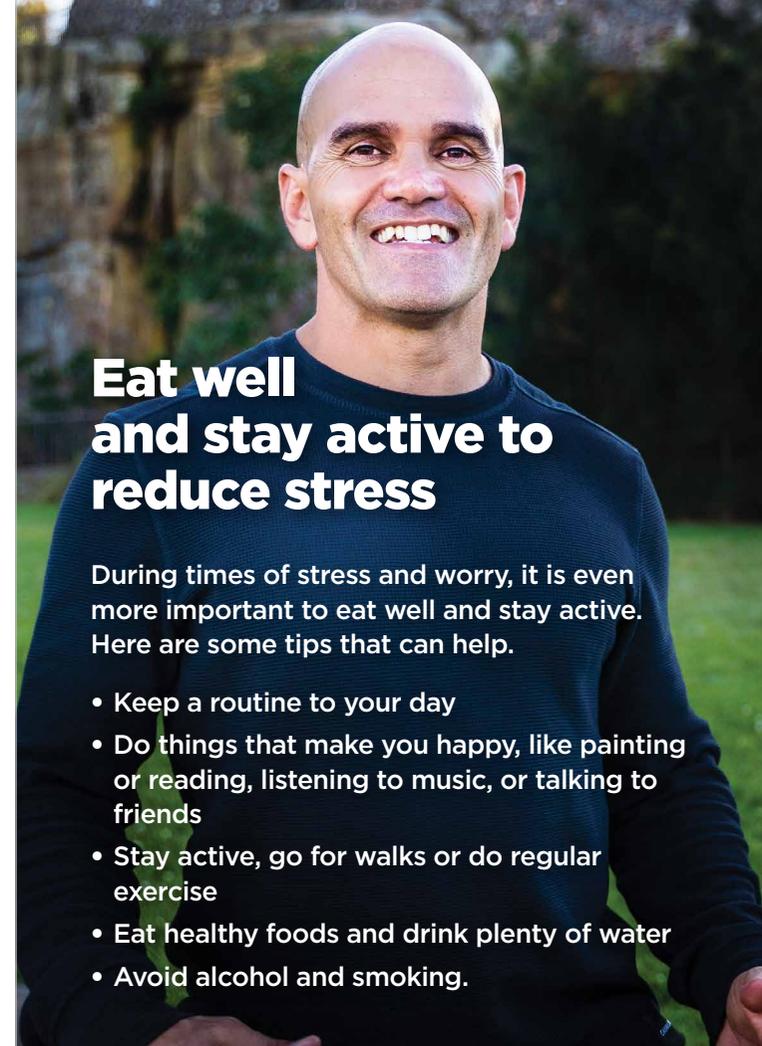
If you are concerned about your own wellbeing, or someone close to you, you can also talk to your health care professional about your worries, or call **1800 512 348** to speak with a counsellor (24-hour helpline).



Eat well and stay active to reduce stress

During times of stress and worry, it is even more important to eat well and stay active. Here are some tips that can help.

- Keep a routine to your day
- Do things that make you happy, like painting or reading, listening to music, or talking to friends
- Stay active, go for walks or do regular exercise
- Eat healthy foods and drink plenty of water
- Avoid alcohol and smoking.



Connect to culture

Connection to culture is important for your wellbeing. It can keep us strong and help to get us through these challenging times.

- Use the time you are spending at home to share and practice culture
- Dance, weave, paint, share stories and do lots of the things that connect us to culture
- Connect with family and community online to share or teach culture.