

Coronavirus (COVID-19) guidelines for Aboriginal people

When getting together with family and friends, taking these extra steps can make a difference. Staying active and participating in social activities is important for our physical and mental wellbeing. Plan to do things you enjoy, in COVID-safe ways.

AT HOME

- Although it's not easy, avoid hugging, kissing or shaking hands with your family, friends and other guests. A wave is safer.
- Avoid large gatherings in general, and especially at home. Try to limit the number of people in your home - less is better. NSW Health strongly recommends having no more than 30 visitors at a time if the residence has no outdoor area.
- As the weather warms up, it's best to meet outside, away from crowded areas. Follow the latest guidelines for how many people are allowed to gather outside in a public place.
- If you meet indoors, choose a spacious, well-ventilated space and keep the windows and doors open where possible.
- Stay two big steps away from others at all times, unless you live in the same household.
- Think about how you serve food. Rather than having share platters, give each person an individual portion and don't share cutlery.
- Wash your hands or use hand sanitiser often.
- Keep in touch on the telephone where you can or ask a family member to set you up for video calls.
- For older people, there are no specific restrictions about self-isolating or staying home. You can choose when you go out, where you visit, and when to have visitors. However, older people are at greater risk of more severe symptoms if infected with COVID-19, especially if you have an existing health condition. Following the tips on this page can help you stay COVID safe.

AWAY FROM HOME

- Don't attend any gatherings if you are unwell. Get tested immediately even with mild symptoms, and isolate until you get your test result.
- Take a cautious approach about where you go and who you see.
- Wash your hands often. Use hand sanitiser when out and about.
- Wear a face mask if you are unable to keep a safe distance from others or when you are on public transport. Carry a clean face mask in a zip lock bag at all times.
- If you are meeting at a venue, such as a community hall, club or restaurant, keep to the venue's capacity limit and keep a safe distance from others (two big steps).
- Electronic check-in is mandatory at many locations, including hospitality venues. Make sure everyone in your group checks in so NSW Health contact tracers can get in touch with you quickly and easily if there has been a confirmed case of COVID-19 at the venue. If you need help checking in or don't have a smart phone, ask the venue's staff to help.
- If you're organising a gathering at a venue where electronic check-in is not required, take note of the names and contact details of those attending, where practical, for at least 28 days. These records would only be used for tracing COVID-19 infections. If contact tracing teams can't get reliable information, people are unknowingly placed at risk and the virus can continue to spread throughout the community.

Get **tested immediately if you have any COVID-19 symptoms and stay isolated away from others, even those you live with, until you get your result.**

Postpone or reschedule gatherings during heatwaves or on extremely hot days. Older people should take extra care to stay healthy in the heat. For information about COVID-19 and heat, visit:

<https://www.health.nsw.gov.au/environment/beattheheat/Pages/heatwaves-covid.aspx>