

# CORONAVIRUS

## WHAT CAN YOU DO?



### STAY HOME (KIDS TOO)

Only leave to go to shop for food, medical needs, go to work or to exercise (up to 1 hour per day)



### ELDERS BE SAFE

People aged over 70 or Aboriginal and Torres Strait Islander people over 50 can get very sick, so they should stay at home to protect themselves



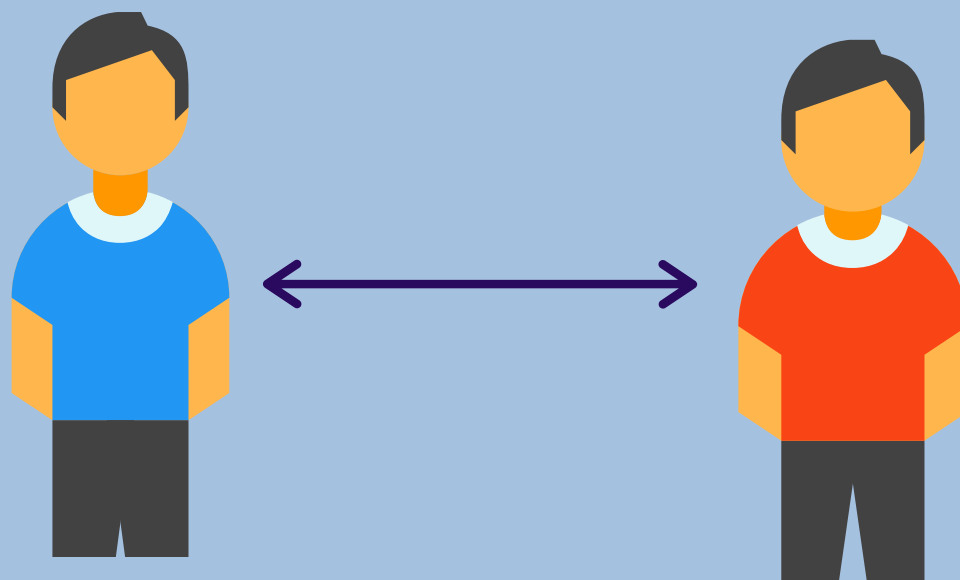
### KEEP IT SMALL

Having 2 or less visitors at a time reduces your risk. If you're outside your house, you shouldn't be with more than 1 person you don't live with



### WASH YOUR HANDS

Properly and often. Use soap and make sure it's for 20 seconds



### KEEP YOUR DISTANCE

Keep two BIG steps away (1.5 metres)



### LOOK AFTER EACH OTHER

Help out family, friends and neighbours if they need help to get food or medication - but don't forget the 1.5m rule



### NO CROWDS OR PARTIES

If you have a party or gathering at your home, this may be reported to Queensland Health and Queensland Police for investigation. If you haven't met the terms of your tenancy agreement and complaints can't be resolved, Housing may take further action



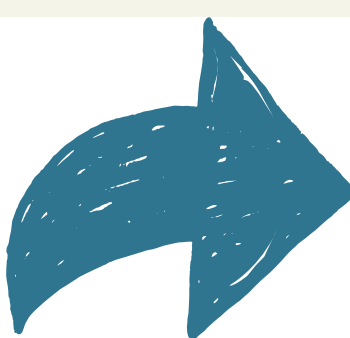
### 13 HEALTH

If you have a fever, cough, sore throat or shortness of breath, stay home and call 13HEALTH (13 43 25 84) immediately



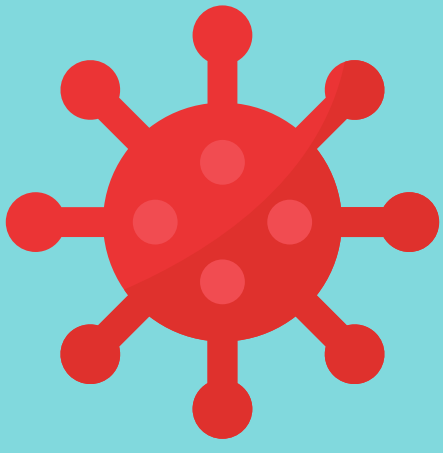
### PROTECT YOUR COMMUNITY

Report people not following these rules on 13HEALTH (13 43 25 84). REMEMBER you can get fined up to \$1,330 if you don't follow these rules



# CORONAVIRUS

## WHAT IS IT ALL ABOUT?



### WHAT IS CORONAVIRUS?

It's a sickness that can cause severe illnesses affecting the lungs. There is no cure. It can be spread from person to person, and by hands and surfaces, including taps, tables, mobile phones and smokes too



### WHAT'S THE BIG DEAL?

Everyone needs to help. If we all do this together, it might not last as long. Everyone is being asked to follow these rules to keep our communities safe



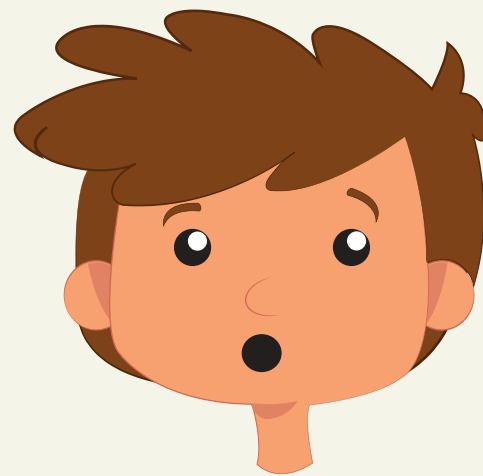
### BUT I FEEL FINE

Anyone can get this virus, and you can pass it on to someone you love even if you don't feel sick. If you keep yourself safe, then you keep everyone in your family and community safe



### STUCK AT HOME?

For Elders, people with a disability or people living alone, if you have been told by a doctor to stay home you can call the Community Recovery Hotline on 1800 173 349 for help with food and medication



### FEELING WORRIED?

It's normal to be worried when there is so much change - but you're not alone and there's always someone to talk to. Call Beyond Blue for advice on 1300 22 4636



### TALK TO THE KIDS

Listen to their worries and explain why they can't go out and play with their friends or go to the park in simple ways. There is lots of information and videos online too. Find fun things to do together, safe at home!

## NEED MORE INFORMATION?



1800 173 349  
1300 396 102  
13 43 25 84

COMMUNITY RECOVERY HOTLINE  
CAIRNS LOCAL CORONAVIRUS HOTLINE  
HEALTH ADVICE OR REPORTING



HEALTH.QLD.GOV.AU/CORONAVIRUS  
CAIRNSSAFERSTREETS.COM.AU/COVID-19  
EDUCATION.QLD.GOV.AU/CURRICULUM/LEARNING-AT-HOME



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AUSTRALIAN GOVERNMENT DEPARTMENT OF HEALTH



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