

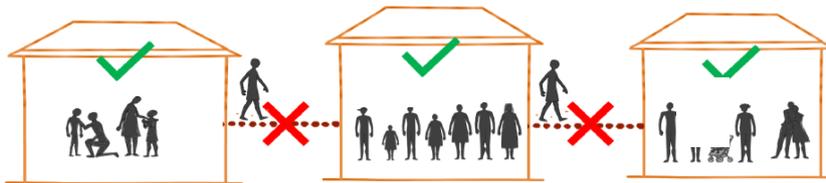


# What to do if COVID is in my community

**Listen to your community leaders. A COVID response team will come to help (health workers, police and others). They will help to keep your community safe.**

## Stay home

Don't visit other houses. Tell friends and family to stay home too. If you feel unsafe at home, go somewhere safe, but tell your community leaders or police.



## Stay in the community

Don't leave to go to town or visit other communities.



## Call the clinic or tell the COVID response team if you are sick

Let them know so they can help.



## If you need things like food, medicine or other supplies

Tell your community leader, COVID response team, or call 13 268 43 or \_\_\_\_\_ for help.



## Stay calm. Stay home. Call for help. Keep your community safe.

The COVID response team will advise how you can get vaccinated.



# Be prepared for COVID

If COVID gets into your community, help will come, but we all need to be prepared.

## What you can do now – BEFORE COVID is here

- **Get vaccinated.** Most people who are vaccinated do not get very sick from COVID. Make sure you get 2 doses to stop you getting very sick from COVID and when it's your time, get your booster too. This is the best way to protect yourself and your whole community.
- **If someone gets COVID**, the COVID response team will talk to them about how they can best care for them. This might mean leaving community to go to hospital. **Things to think about:**
  - If this is you, would you like to stay in community, or are you ok to go?
  - If someone leaves to go to hospital who can the health team contact to give updates to?
  - If you have children and have to leave to go to hospital, who will take care of them?
- **Food and other supplies** will be sent to the community but this may take up to 24 hours.
  - Do you have food at home to last one day?
  - If you have regular medicine, do you have enough to last for a few days?
  - Ask your community leader who you can call for help, if you can't go out and need food or other supplies.
  - If you have pets – do you have some extra food for them?
  - Can you protect yourself? Do you have some face masks and soap to wash your hands?
- **Stay COVID safe.**
  - Wash hands often with soap and water or use hand sanitiser.
  - Cough or sneeze into your inner elbow or into a tissue.
  - Keep your distance – stay 2 big steps away from people you don't live with.
  - Increase cleaning of frequently touched surfaces (phones, door knobs, benches etc).
  - Stay at home when you're sick. Call your clinic – you might need to get a COVID test.

## What to do if COVID gets into my community

- **Stay calm. Follow TRUE advice** from your community leaders and COVID response team.
- A **COVID response team** (health workers, police and others) will come to help your community as soon as possible. They might be wearing masks, glasses and funny clothes over their normal clothes called PPE (personal protective equipment).
- PPE is to keep you and the COVID response team safe. It stops COVID spreading.
- You should **stay at home**, with your household and away from others. Don't have visitors over. If you feel unsafe at home, go to a safer place. Tell your community leaders or police.
- Stay in the community. Don't go bush or visit other communities. Even if you're not sick, you could have COVID. If you leave, you could spread it to other communities.
- You and your family might have to have a **COVID test**. It is quick and it doesn't hurt.
- **If you have COVID or someone in your house has COVID**, the COVID response team might talk to you about leaving the community, to go to hospital so you can be cared for, or to go to other accommodation to help stop COVID spreading to other people in your community.
- **Food, medicine and other supplies** will be provided to help your community. Tell your community leader or the COVID response team if you need something.
- **Stay COVID safe** (see above). Follow the health advice to protect yourself and stay strong.
- **If you feel sick, stay home and call the clinic or tell the COVID response team.** If you are very sick and it's urgent call 000.