

## 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.**   
FLU VACCINE  
PNEUMONIA VACCINE
- **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**  **Australian Government Health Direct Hotline on 1800 020 080**

