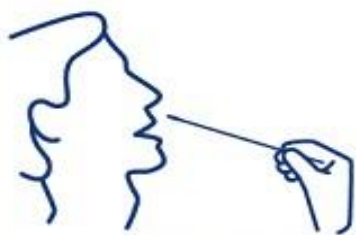




# COVID-19 HANDBOOK

My family's COVID action plan



**Got COVID-19  
symptoms?  
Get tested**



**Practise  
good hygiene**



**Check  
in and out**



**wear a mask  
if you can't keep  
a distance of 1.5m**

## Contents

WHAT HAPPENS IF I TEST POSITIVE TO COVID-19? .....	3
MY FAMILYS COVID ACTION PLAN .....	4
HELPFUL CONTACT NUMBERS AND WEBSITES .....	5
SYMPTOM AND HEALTH RELATED QUESTIONS: .....	5
MENTAL HEALTH AND WELLBEING .....	5
FOOD RELIEF/HELP .....	5
IDENTIFYING SYMPTOMS.....	6
HOW TO SELF ISOLATE.....	7
SUPPORTING CHILDREN WHO HAVE BEEN TESTED .....	8
MEALS, FOOD HAMPERS, FOOD RELIEF, RENTAL ASSISTANCE .....	9
ACCOMODATION, MENTAL HEALTH AND TEST AND ISOLATION SUPPORT .....	10
MENTAL HEALTH GUIDE.....	11
VACCINATIONS FOR ABORIGNIAL AND TORRES STRAIT ISLANDERS.....	12
HOW TO PROPERLY WASH YOUR HAND.....	13
CLEANING SURFACES.....	14

## WHAT HAPPENS IF I TEST POSITIVE TO COVID-19?

With the delta variant currently circulating around our state and regional towns it is now more important than ever to keep up social distancing, wearing a mask in public, and washing and sanitising our hands. It is also strongly encourage to book in for your vaccine if it is available to you.

If you do begin to develop symptoms getting tested as early as possible will help you, your health, your family and your community. However if unfortunately you do test positive to COVID having this resource can help you develop a plan to make the process a little easier.

Testing positive to COVID-19 can be a scary and stressful time. Having a plan in place to make sure you and your family are prepared if you do test positive can help ease some of that stress.

Thinking about how you and your family can isolate, get adequate food supplies, and where your kids might go if you need to be admitted to hospital can prepare you if the day comes. Knowing how you will handle this situation and having a physical plan will greatly help you in dealing with the unfolding COVID situation.

In this pack you will find helpful sheets you can fill out and have at the ready if indeed you need to isolate or quarantine for 14 days. You will also find resources and numbers you can call at any time if you or a family member are currently struggling

## MY FAMILYS COVID ACTION PLAN

FAMILY NAME	
WHERE WILL THE CHILD/CHILDREN GO IF I TEST POSITIVE AND NEED TO BE TAKEN TO HOSPITAL?	NAME: NUMBER: ADDRESS:
DO I WANT TO ISOLATE WITH MY CHILD/CHILDREN IN THE HOUSE WITH ME OR DO I WANT THEM TO GO TO A FAMILY/FRIENDS HOUSE FOR THAT PERIOD OF TIME?	YES/NO NAME: NUMBER: ADDRESS:
WILL I BE ABLE TO SAFETLY ISOLATE AWAY FROM MY CHILD/CHILDREN IF I TEST POSITIVE?	YES/NO
IF I CAN'T ISOLATE AWAY FROM MY CHILD/CHILDREN IS THEIR A FAMILY MEMBER OR FRIEND WHO CAN LOOK AFTER THEM FOR THE 14 DAY PERIOD?	YES/NO NAME: NUMBER: ADDRESS:
DO I HAVE A FRIEND OR FAMILY MEMBER WHO CAN DO A GROCERY SHOP FOR ME?	YES/NO NAME: NUMBER:
WHO CAN I CALL IF I TEST POSITIVE TO SEE IF THEY CAN OFFER SUPPORT OR HELP?	NAME: NUMBER:
IF MY CHILD/CHILDREN TEST POSITIVE HOW WILL I LOOK AFTER THEM AND NOT INFECT MY OTHER CHILDREN?	CAN I SEND MY OTHER CHILDREN TO A FRIEND OR FAMILIES HOUSE? YES/NO NAME: NUMBER:



# NEED SUPPORT? CALL THESE NUMBERS.

## Immediate Danger:

Emergency (Fire, Ambulance, Police): 000  
Non-Emergency (Crime Stoppers): 1800 333 000  
Queanbeyan Police Station: 6298 0599

## Counselling & Support Services:

Beyond Blue: 1300 224 636  
Kids Helpline: 1800 551 800  
Mindspot: 1800 614 434  
Headspace: 1800 650 890  
Mensline: 1300 789 978  
Suicide Call Back Service: 1300 659 467  
Domestic Violence Line: 1800 65 64 63  
Child Protection Helpline: 132 111  
Link2Home Homelessness: 1800 152 152  
1800RESPECT: 1800 737 732

## Queanbeyan & SNSW Services:

For more about services available in the SNSW region, visit QPRC's community directory via:  
<https://www.qprc.nsw.gov.au/Community/Community-Life/My-Community-Directory>

## Coronavirus Information & Support:

National Coronavirus Helpline: 1800 020 080

NSW Government COVID-19 Information: [nsw.gov.au/COVID-19](https://nsw.gov.au/COVID-19)

Service NSW: 137 788

Healthdirect: 1800 022 222

For assistance in your area during COVID-19 try  
<https://disasterassistance.service.nsw.gov.au/covid> for support near you.





# COVID-19: Identifying the Symptoms

Symptoms		COVID-19	Cold	Flu	Allergies*
		Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms	May be abrupt or gradual onset of symptoms
<b>Fever</b>		Common	Rare	Common	No
<b>Cough</b>		Common	Common	Common	Common (asthma)
<b>Sore Throat</b>		Sometimes	Common	Sometimes	Sometimes (Itchy throat and palate)
<b>Shortness of Breath</b>		Sometimes	No	No	Common (asthma)
<b>Fatigue</b>		Sometimes	Sometimes	Common	Sometimes
<b>Aches &amp; Pains</b>		Sometimes	No	Common	No
<b>Headaches</b>		Sometimes	Common	Common	Sometimes
<b>Runny or Stuffy Nose</b>		Sometimes	Common	Sometimes	Common
<b>Diarrhoea</b>		Rare	No	Sometimes, especially for children	No
<b>Sneezing</b>		No	Common	No	Common

*Adapted from material produced by WHO, Centers for Disease Control and Prevention and the American Academy of Allergy, Asthma and Immunology. \*Respiratory allergies include allergic rhinitis (hay fever), and allergic asthma. Other common symptoms of hay fever include itchy nose and itchy, watery eyes.*

*It is very difficult to distinguish between the symptoms of COVID-19, influenza and a cold. If you have any infectious or respiratory symptoms (such as a sore throat, headache, fever, shortness of breath, muscle aches, cough or runny nose) don't go to work. You need to self-isolate and to be assessed by a medical professional. You may need testing for COVID-19. You must not return to work until cleared by a medical professional. You need to ensure that the people you care for are protected and safe. People who have respiratory allergy symptoms such as allergic rhinitis (hay fever) and allergic asthma should stay home and get tested for COVID-19 at the onset of their symptoms and if they experience symptoms that are unexpected, seem different or worse than usual, or do not respond to their usual medication.*

For more information about **Coronavirus (COVID-19)** go to [health.gov.au](https://www.health.gov.au)

Visit [www.health.gov.au/resources/translated](https://www.health.gov.au/resources/translated) or for translating and interpreting services call **131 450**.

# How do I self-isolate?

## Stay in your home

No work, school, shopping, visiting public places, or catching public transport.



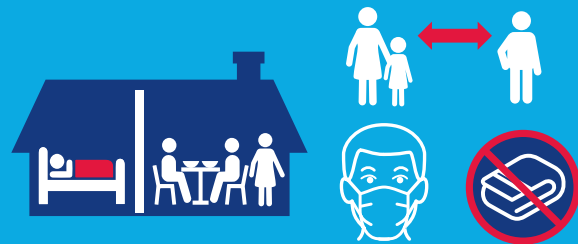
You can leave home to seek medical care or in an emergency but you should wear a mask if possible.

## No visitors



## If you live with other people

- Don't share a room or bathroom, if possible
- Keep 1.5 metres apart
- Wear a mask in the same room as others (even if they are also in isolation)
- Don't share household items like towels, bedding or dishes. Wash after use.



## Wash your hands often

Use soap or hand sanitiser.



## Keep up a normal routine

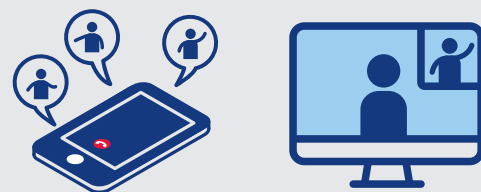
Exercise regularly at home.



## Cover coughs and sneezes



## Stay virtually connected with friends and family



## Clean surfaces you touch often



## Seek support from a counsellor 24/7

Lifeline  
**13 11 14**  
lifeline.org.au

Beyond Blue  
**1800 512 348**  
coronavirus.beyondblue.org.au



## Monitor symptoms

Call Triple Zero (000) if they become serious (e.g. you can't breathe).



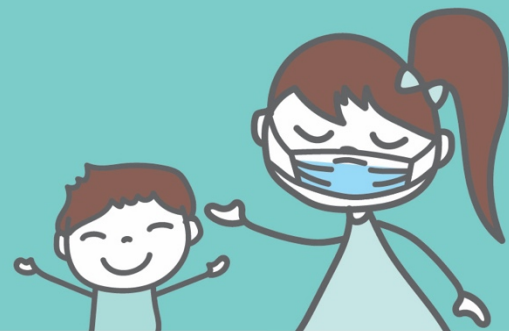
## Still have questions?

[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

National Coronavirus Helpline  
**1800 020 080** (24-hour help line)

For free help in your language call **13 14 50**

# After a COVID-19 test: how to support your child



**Having a COVID-19 test can be a breeze for some children and traumatic for others. From fear of the unknown to legitimate discomfort, children can go through a range of emotions that may leave you wondering – what do I do now?**

Children are not always developmentally able to respond to factual explanations, particularly when they're scared or upset. That's why it's important for parents and carers to remain calm, listen and validate their child's feelings.

## Acknowledge, using age appropriate language

- It's important not to dismiss a child's feelings by saying things like 'it's not a big deal' 'stop crying' or 'why are you making such a fuss?'. Remember, these are very real feelings for your child.
- Remain calm, always *listen* to your child, *physically* get down on their level, try and *maintain eye contact* and *acknowledge* how they're feeling. For example:
  - 'It's OK to be upset, I know that was uncomfortable'
  - 'I know you feel scared but it's over now and you will feel better soon'
  - 'Mummy's here, tell me how you're feeling and I'll listen'
- Encourage your child to ask questions as they come – it's OK if you don't know the answer, let them know you'll ask the nurse/doctor.

## Physically comfort and support

- Never underestimate the power of a hug! Children want to feel safe and supported and when in pain or scared, they will often retreat to a loved one.
- Depending on your child's age, you may have been able to hug your child during the

test. After the test, sit down and give your child the physical comfort they need to calm down, without any time pressure. Once they feel calm enough, ask your child if they are ready to go home. Try and maintain a physical connection, like holding their hand.

## Distract and reward

- Distraction can often be the best medicine. When the time is right, offer something to your child to distract and reward them for being brave. Distraction can be as simple as singing a song your child knows the words to, or talking about a family holiday. A reward could be a special toy or comforter, or even a special drink or meal at home with you. Find something that will make your child feel special.

## Explain and validate

- Whether it's the same day or two weeks later, it's important to check in with your child about having had the test, in an age-appropriate way, where you can:
  - Discuss the test and how it made them feel
  - Acknowledge their feelings
  - Explain why the test is important and how the doctors/nurses are only there to help.
- It's important to follow their lead and keep it brief, particularly if the conversation appears to be distressing them.
- You know your child best and what they need. Some children may be eager to retell the experience, as it's their way of processing their memories of the test. If that's the case, take the time to listen. If they don't want to talk about it, that's also OK. You can always try again another day, especially if you feel they need more time



The Sydney children's Hospitals Network  
care, advocacy, research, education



to process what's happened.

## Give yourself time

Parenting is hard work. And there is simply no instruction manual for it!

It can feel impossible to make your child do something you know is uncomfortable and distressing. If you can, take some time for yourself, even if it's just 10 minutes to go for a walk, listen to music or sit down with a coffee or tea. Your child will respond to how you're feeling so it's important for everyone that you take a moment to reset, when you can.

## Develop a plan – for next time

Although it may feel like you've been through a whirlwind of emotions, taking your child to have a COVID-19 test is your way of keeping them, your family and our community safe.

If your child needs another test, it's important to plan ahead and identify strategies to help you and your child.

- **TALK** to your child and make sure they're involved in the planning process.
- **ALLOW** them to identify how they can help or what their 'job' is. For example, their job is to say where they want to sit during the test and to stay still.
- **PICK** a comfort item that may help your child during the test. Empower them to choose what they want to take and even place it in a special bag they can carry.
- **DECIDE** on a reward or distraction tool. For example, if they love a particular type of meal or drink, offer that to them as a reward they can enjoy at home.

An age appropriate video on what to expect

when having a COVID-19 test is available at [www.schn.health.nsw.gov.au](http://www.schn.health.nsw.gov.au) and is a great resource to view in advance.

**Seeing your child in pain is stressful and you might feel like there's no way you can go through it again. While a bad experience can be hard to forget, seeing your child ill is always harder.**

**If your child develops any COVID-19 symptoms, like a cough, runny nose or fever - please seek testing as soon as possible. Together, we can help stop the spread.**

*For more information and resources on COVID-19, visit [www.health.gov.au](http://www.health.gov.au) or [www.schn.health.nsw.gov.au](http://www.schn.health.nsw.gov.au)*





# Support for individuals



Support available	What is it?	What period of the lockdown does it cover?	When will I get support?	How do I find more information?	How can I apply?
<b>Cooked meals, food hampers, and food vouchers to those experiencing food insecurity</b>	This support is for anyone in need of food relief. Providing delicious and nutritious food through cooked meals, food hampers and food vouchers.	Support is available immediately and throughout the entire lockdown period.	You can get support immediately by visiting: <ul style="list-style-type: none"> <li>• <a href="#">Ask Izzy</a></li> <li>• <a href="#">OzHarvest Australia</a></li> </ul>	Visit <a href="#">Ask Izzy</a> which will help connect you to local food relief services.	<ul style="list-style-type: none"> <li>• Enter your postcode into the <a href="#">Ask Izzy</a> website and you will receive a list of the places closest to you where you can get food relief.</li> <li>• Call OzHarvest on 1800 108 006 or visit their website <a href="#">OzHarvest Australia</a>.</li> </ul>
<b>Emergency relief support for asylum seekers, temporary visa holders and refugees</b>	Emergency food, housing, transport, telecommunications and community care support for temporary visa holders, refugees, and asylum seekers in NSW.	Services will be available through the lockdown period and beyond.	Contact an NGO in your local area and they can immediately help you get the support you need.	Visit <a href="#">Multicultural NSW website</a> .	Contact an NGO in your local area and they will assist you in getting the support you need. Visit the Multicultural NSW website for a list of NGOs: <a href="#">Support for vulnerable Temporary Visa Holders</a> .
<b>Rent Choice is rental relief for youth aged 16 – 24, individuals and families escaping domestic and family violence, veterans, or those who have faced a serious financial set back</b>	Rent Choice is a private rental subsidy that helps clients pay rent and stay in their rental homes.	Rent choice can help individuals and families pay rent for up to three years.	Get in touch with the Department of Communities & Justice Housing Contact Centre at 1800 422 322.	Visit the Department of Communities & Justice website at <a href="#">Access a private rental subsidy through Rent Choice, Family &amp; Community Services</a> .	If you would like to apply for Rent Choice or find out more, call your local housing office listed at <a href="#">Find a housing office, Family &amp; Community Services</a> or call the Housing Contact Centre on 1800 422 322.



# Support for individuals



Support available	What is it?	What period of the lockdown does it cover?	When will I get support?	How do I find more information?
<b>Temporary Accommodation Support</b>	Providing temporary accommodation, meals and referrals for support for homeless people.	Rough sleepers will be provided with accommodation during the lockdown. Other homeless people will get an initial 7 days of accommodation. Accommodation may be extended beyond the 7 days for people who are actively seeking housing.	When you call, you will be directed to available accommodation immediately.	Call: Link2Home on 1800 152 152 at any time, on any day of the week.
<b>Mental Health Support</b>	An increase in counselling services for those experiencing hardship during lockdown, including counselling for parents suffering from perinatal depression and anxiety.	The extra services will be available through the lockdown period and beyond, ensuring you are supported through these challenging times.	Immediately.	Call: <ul style="list-style-type: none"> <li>• Lifeline Australia on 13 11 14</li> <li>• Kidshelpline on 1800 55 1800</li> <li>• Beyond Blue on 1300 22 4636</li> </ul>
<b>Test and Isolate support payments</b>	One \$320 payment in a four week period for lost wages for eligible workers aged 17 and over in NSW, who have symptoms of COVID-19, get tested and isolate until a negative result is returned.	Applications are now open for tests taken on or after 9 September 2021 due to experiencing COVID-19 symptoms.	You'll need to apply for the payment within 7 days of having the test.  Successful applicants will be paid the \$320 lump sum within three days of submitting their application.	<a href="#">Service NSW</a>
				<b>How can I apply?</b> <a href="#">Service NSW</a>



## Look after your mental health during the COVID-19 (coronavirus) pandemic

### 1. Stay active



Exercise is good for your mind and body. You can leave home to exercise outdoors but remember to stay 1.5 metres away from others. Exercise regularly and choose activities you enjoy. This could be walking, tai-chi, jogging, yoga or an indoor workout.

### 2. Eat healthy



Eating healthy food is good for our mental and physical health. Eat a lots of different fruits and vegetables and other foods high in fibre such as brown rice, oats, wholemeal breads, lentils and beans.

Limit unhealthy snacks and drinks which are high in sugar, unhealthy fats and salt. Unhealthy snacks leave less space for the healthy foods you need to boost your mood, energy levels, digestion, and sleep.

### 3. Stay Connected



Social connection is important for our mental health. Stay in touch with family and friends over the phone or online. Share your feelings with loved ones and trusted people from your community and invite them to share with you. Limit your visits with your family and friends. If you do visit, practice physical distancing and keep 1.5 metres apart, and maintain good personal hygiene. Don't visit if you're unwell.

### 4. Take a break from the news and social media



Social media can help you stay connected, but too much time can make us feel stressed. It's good to stay informed, but choose trusted sources of information, like the government.

### 5. Stick to a routine



Have a regular bedtime and meal times. Plan your day so you have time for household chores, connecting with others, activities you enjoy, and rest.

### 6. Monitor your mental health and wellbeing



It's really important to monitor your mental health and wellbeing. It is also good to be aware of family, friends and neighbours who may be worried or stressed. Things to look out for include difficulty concentrating, poor sleep, and feeling distressed or overwhelmed. These are signs that it's time to reach out.

### 7. Seek support



Don't be afraid to talk to someone if you are feeling stressed or anxious. Talk to friends and family about how you're feeling. You're not being a burden.

If you're feeling overwhelmed, you can talk to a trained counsellor any time, any day by calling the Coronavirus Mental Wellbeing Line: **1800 512 348**. For a free telephone interpreter call **131 450** and say the language you need. You can then ask the interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

If what you're going through is making it hard to get on with your daily life, contact your local General Practitioner (GP).

*Adapted from Look after your Mental Health Australia, Mental Health Australia, March 2020*



# LET'S DO THIS COVID-19 Vaccines: Know the facts!

There is a lot of confusing and incorrect information being shared about COVID-19 vaccines. Always make sure you get the facts from reliable sources.

## Three vaccines are available for use in Australia.

There are three vaccines approved for use in Australia: **Pfizer (Comirnaty) vaccine**, **AstraZeneca (Vaxzevria) vaccine** and **Moderna (Spikevax) vaccine**.

## Evidence shows COVID-19 vaccines work including against the Delta variant

Evidence from around the world shows that vaccines work very well against COVID-19.

Two doses of a vaccine:

- Reduces the chance you will catch COVID-19 by around 60% - 80%.
- Gives you around 90% protection against needing to be admitted to hospital or dying from COVID-19.
- Reduces the spread of COVID-19 to others.

COVID-19 is very dangerous and spreads quickly. Even if you don't have symptoms or get sick, you can still pass the virus on to others. Vaccination will protect you and help reduce the spread of the virus. Getting vaccinated helps to protect your family, your friends and your community.

## COVID-19 vaccines have not been developed too quickly to be safe

COVID-19 vaccines are built on many years of research, with scientists from around the world working together to ensure all testing and approval steps were taken.

All the vaccines available in Australia have been approved by the Therapeutic Goods Administration (TGA). The TGA checks for safety, quality and effectiveness. COVID-19 vaccines must meet the same standards as any other vaccine approved for use in Australia.

## If you are young and healthy, or have already had COVID-19, you should still get vaccinated

More than half the people with COVID-19 in NSW are under 40. Many young people have needed hospital or even intensive care because of COVID-19. You should get vaccinated to protect yourself, your family and friends.

COVID-19 spreads easily, and the Delta variant spreads more than twice as easily as the original virus. It can also cause worse illness in those that get it. This can put your family and friends at greater risk if you are infected. Vaccination will help protect you and those you love and get us back to doing the things we love.



### The COVID-19 virus is much more dangerous than COVID-19 vaccines

COVID-19 vaccination will prevent severe illness and death in people of all ages. Serious reactions from the vaccines are extremely rare, which is why it's more important than ever to follow the health advice and protect our community.

### There are no dangerous ingredients in COVID-19 vaccines

The TGA considers the safety and quality of everything in a vaccine before it can be used in Australia. Ingredients for available COVID-19 vaccines can be found on the [Australian Register of Therapeutic Goods](#).

Depending on the type of vaccine, ingredients may include:

- a protein component of a virus
- a piece of genetic code (DNA or mRNA)
- a very small dose of a weakened virus
- a substance to boost the immune response (an adjuvant)
- a small amount of preservative
- sterile saltwater (saline) for injections.



#### What is mRNA?

mRNA is made when the cell needs instructions to make proteins. DNA code is copied and shortened into messages called mRNA. The mRNA is transported into the cell. Once the mRNA arrives, the cell can produce proteins from these instructions. Once the instruction is read, the mRNA breaks down and clears from the cell.

mRNA is not a new invention from the lab. It's how the body has been making proteins, the basic building block of life, since humans have existed.

The COVID-19 Moderna and Pfizer vaccines are mRNA vaccines.



None of the COVID-19 vaccines approved in Australia:

- contain egg or animal products
- can affect or interact with your DNA in any way
- contain anything that can track you
- are unsuitable people from some religions or faiths.

### COVID-19 vaccines cannot alter your DNA or change your genes

COVID-19 vaccines do not alter your DNA or change your genes. Vaccines teach your body how to protect itself against COVID-19. They do not affect or interact with your DNA in any way.



## **You should get vaccinated even though you can still catch or spread COVID-19**

COVID-19 can make you very sick at any age. Older people and people with existing health conditions are more at risk. Two doses of a COVID-19 vaccine gives you around 90% protection against needing to go to hospital or dying from COVID-19. It also helps reduce spread of the virus to others.

Some people with COVID-19 need care in a hospital, and for some, intensive care is needed. If lots of people need hospital care at the same time it could put a lot of pressure on hospitals and the health system. Vaccination helps to reduce the number of people who need hospital care.

## **The risk of a serious side effect doesn't mean I shouldn't get vaccinated**

All the COVID-19 vaccines that are approved in Australia have good safety information. Millions of doses of the vaccine have already been given safely, protecting people around the world from COVID-19.

All medicines have possible side effects, but the chance of a bad side effect from a COVID-19 vaccine is very low. Compared to the chance of getting COVID-19, the benefits of the vaccines are clear.

It is recommended that people 12 years and over get any COVID-19 vaccine available to them as soon as possible. The COVID-19 Pfizer and Moderna vaccines are approved for those aged 12-17 years old, and all three vaccines are approved for people aged 18+. You will be offered a vaccine that is recommended for your age and other eligibility criteria.

## **Protecting children under 12 years of age**

There currently isn't a COVID-19 vaccine available for children under 12 years in Australia, although trials for younger children are underway.

In the meantime, the best way to protect a child under 12 years of age from getting COVID-19 is to make sure that everyone else in the family (who is eligible) is vaccinated.

## **You can still get a COVID-19 vaccine if you are pregnant, breastfeeding or trying to get pregnant**

You can get vaccinated if you're pregnant, breastfeeding or trying for a baby. There is no scientific evidence that COVID-19 vaccines affect fertility. If you are pregnant, you should get vaccinated now.

Pregnant women are more at risk from COVID-19. Vaccination reduces the chance of really bad illness and helps to keep you and your unborn baby protected. The vaccine cannot give you or your baby COVID-19.

By getting vaccinated you also protect your baby as there is evidence the antibodies can be passed on to your baby in cord blood and breastmilk.



## After your COVID-19 vaccine

It takes one to two weeks after your second dose of a COVID-19 vaccine to be fully protected, so it is important to continue to practice other protective measures to reduce your risk of catching and spreading the virus.

These measures include:

- Wearing a mask at all times when outside your house
- Keeping your distance from people you don't share a household with
- Practicing good hygiene such as frequently washing hands and/or using hand sanitiser.

You must continue to follow all of the rules even once you are fully protected against COVID-19.

## Booster shots

Research is underway to better understand how long the vaccines will provide protection against COVID-19, as well as how well they protect against new variants of the virus. This evidence will help to decide if a booster (or third dose) will be needed to maintain the best possible protection against COVID-19.

### For more information:

If you have any concerns about the vaccine talk to your GP, Aboriginal Medical Service or Aboriginal Health Worker about what is best to help protect you. They can provide information about the COVID-19 vaccines and what to expect.

Vaccines are available at more than 3,000 places across NSW including Aboriginal Medical Services, pharmacies, GPs and NSW Health clinics.



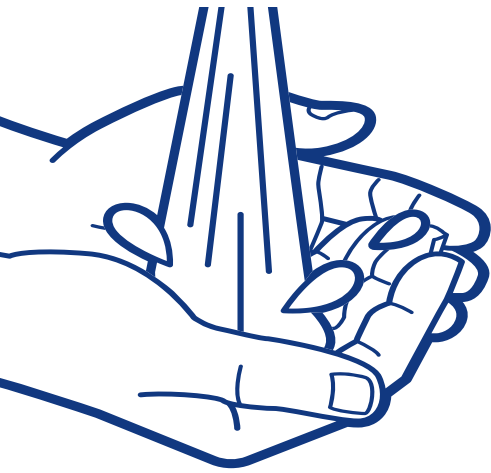
To book visit: [nsw.gov.au](https://nsw.gov.au)  
or call the Vaccine Helpline on **1800 020 080** for assistance.

**Get vaccinated to keep our mob safe**



# Practise simple hygiene by washing hands regularly

**1** Wet hands



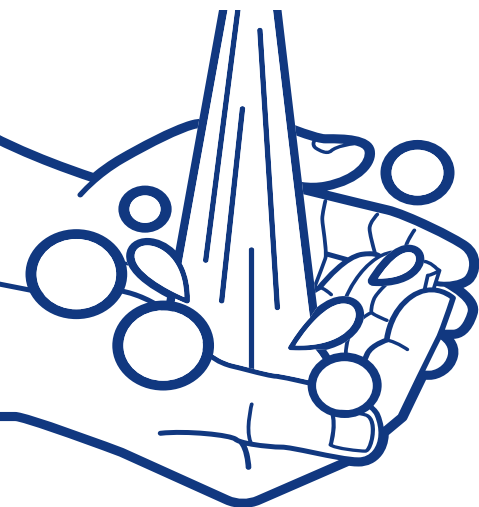
**2** Apply soap



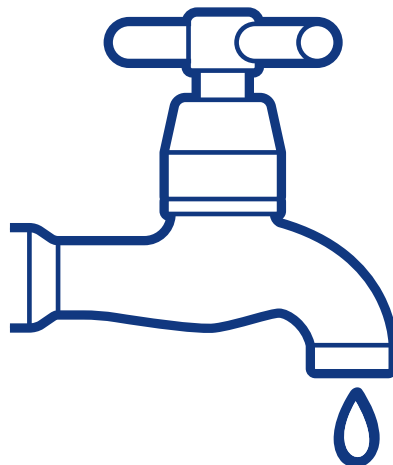
**3** Lather & scrub



**4** Rinse hands



**5** Turn off tap



**6** Dry hands



Spend **20 seconds** washing your hands.

## Cleaning surfaces at home to help stop the spread of COVID-19

COVID-19 can survive on surfaces for a few hours or up to several days. This may vary based on the temperature, humidity and type of surface.

### How to clean

#### Frequently touched surfaces

- doorknobs
- handles
- light switches
- phones
- tablets
- touch screens
- tables
- hard-backed chairs
- remote controls
- keyboards
- desks
- toilets
- sinks/basins
- car steering wheel

Regularly clean with a household detergent followed by disinfectant, or use detergent/disinfectant wipes (scrub hard).

#### Less touched surfaces

- floors
- walls
- ceilings
- window blinds
- curtains

Clean using a household detergent or detergent wipes. Use a damp mop on hard floors. Clean walls and window blinds when visibly dusty or soiled. Curtains should be changed regularly and cleaned when soiled.

### Detergent or disinfectant?

Detergents help remove germs, dirt, and impurities from surfaces but they do not kill germs.

Disinfectants kill viruses and bacteria but don't remove them from a surface.

Using a detergent then a disinfectant helps lower the risk of spreading infection.

### If you have been outside

If you have to leave home, when you return:

- wash your hands as soon as you enter and after putting groceries or other items away. Wash your hands before you eat
- if you would feel better to do so, remove your shoes and clothing if you have been on public transport or in spaces where you weren't able to keep 1.5 metres from others
- wipe down your phone
- keep your keys in one place.

For more information visit [www.health.nsw.gov.au/covid-19](http://www.health.nsw.gov.au/covid-19)