

If COVID-19 comes to your community

What should you know?



Anyone can catch COVID-19.

NO
vaccine
NO
cure



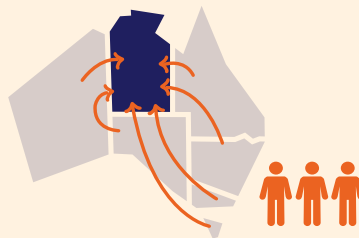
There is no vaccine and no
cure for COVID-19.



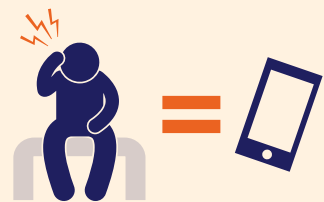
COVID-19 is a serious illness
that can make you very sick
and may cause death.



COVID-19 is very contagious
and people can catch it easily.



People who have COVID-19
may come from other places.



It's important if you or your
family feel sick to ring the
health centre.



If you need an interpreter when reading this, please ask a staff member.

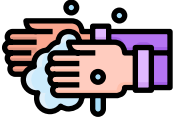
COVID-19

Remote Community Information



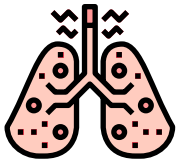
What should you know?

- COVID-19 can affect everyone.
- COVID-19 could still be in/come to the NT.
- COVID-19 can make you very sick and may cause death.
- COVID-19 can spread easily to other people.
- COVID-19 has nothing to do with how someone looks or where they are from.



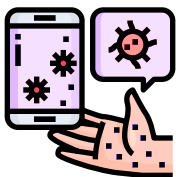
What can you do to help prevent COVID-19?

- Wash your hands often.
- Cough or sneeze into your elbow or a tissue.
- Clean your homes often with disinfectant or bleach.
- Don't share smokes.
- Don't share drinks such as water bottles, soft drinks, cool drinks or alcohol.
- Don't play cards in big groups.
- Always remember to stay three big steps away from all people who don't live in your house.
- Remember, these rules are to keep you and your family safe and healthy.



What happens if someone gets sick with COVID-19 in your community?

- If COVID-19 comes to your community lots of things will change quickly as the Police and Health Officers come into your community to make sure everyone is safe.
- You might see people wearing strange Personal Protective Equipment over their clothes, they are the health staff who are there to help you.
- Protective clothing is to keep you and health staff safe and stop the spread of the virus.
- You might see Army and Police in the community, they are there to help keep everyone safe.
- The sick person will be taken to hospital in Darwin.
- The sick person's family will have to go to Darwin to be cared for and will have to go into quarantine for two weeks. There is a special part of Howard Springs that is set aside especially for people from community. They won't be mixing with anyone else staying at Howard Springs.
- You and your family will have to have a COVID-19 test.
- You and your family will have to stay inside your homes and yards.
- You cannot visit family who live in other houses.
- Food and other supplies you will need will be brought to your house.
- Police and Health Officers will be there to make sure everyone is safe.



What actions do you need to take?

- Many people are working hard to keep Aboriginal communities safe but you have to help too.
- You might have to do lots of different things to keep you and your family safe.
- You and your family must wash your hands all the time.
- You must stand at least three big steps away from people who don't live in the same house as you.
- You must ring or go to the health centre if you or a family member feel unwell, but wait outside and the nurse will see you outside.
- It's important that you stay in the community and don't go with family to Darwin or to another place.
- Everyone else must stay in the community.
- It's best to stay at home.

