COVID-19

What to do if COVID is in my community
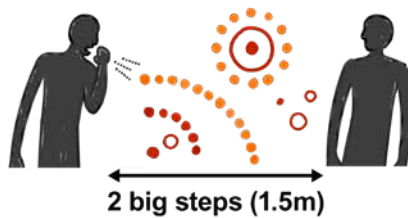
Listen to your community leaders, health service or COVID response team (police and other support workers). They will help keep your community safe.

Stay in the community until it is safe to leave.

Don't leave to go to town or visit other communities until your community leaders or COVID response team say its ok.

Stay home and no big mobs until it's safe.

Stay with the people you are living with. Don't visit other houses, keep your distance and no big mobs together until your community leaders or COVID response team say its ok.

2 big steps (1.5m)

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

Let them know so they can help.
You might need to get a COVID test.

If you can't leave and need food, medicine or other urgent supplies:

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

Keep your community safe.

Don't leave the community until it's safe. Call for help if you need it.
The COVID response team will advise how you can get vaccinated.

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Government of **Western Australia**
Department of **Health**

Be prepared for COVID

If COVID is in your community you may have to stay at home for a few days, so it's important to be prepared.

What you can do now – Before COVID is here:

- **Get vaccinated:** Getting vaccinated can stop you from getting very sick from COVID.
- **Get a COVID kit ready. Have enough supplies to last a few days:**
  - **Food and any regular medications**
  - **Essential items:** e.g. nappies and pet food.
  - **Pain relief:** Paracetamol or ibuprofen for aches, pains and fevers.
  - **Face masks and soap:** to wash hands and protect yourself and others.
  - **Phone numbers and phone credit:** so you can call for help.
  - **Cleaning products:** To keep your home safe.
- **Plan in case you get sick and have to go to hospital:**
  - Who do you want to look after your kids, pets or other people you care for?
  - Who can the health team call about how you are going in hospital?

What to do if COVID is in your community:

- **Follow true advice** from your community leaders or COVID response team.
- **The COVID response team will help as soon as possible.** The team may include health workers, police or other support workers.
- **Stay in the community.** Don't visit other communities until your community leaders or COVID response team say it's ok.
- **Stay with the people you are living with.** Keep your distance from others (don't visit and no big mobs) until your community leaders or COVID response team say its ok.
- **If you or someone you live with gets COVID**, stay home for 7 days (isolate) to protect your community and stop COVID spreading.
- **If you need help staying at home** (e.g. you haven't got enough food or medicine) ask your community leaders or COVID response team who you can call for help.
- **If you feel sick, stay home and call the clinic or the health workers**. Tell them so they can help you. If you are very sick and its urgent call 000.

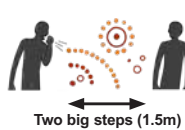## Stay COVID safe. Protect yourself and your community.

Get vaccinated

Call the clinic if you're sick

Wash your hands

Two big steps (1.5m)
Keep your distance

Cover coughs and sneezes

Clean shared surfaces

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