

# LET'S KEEP OUR MOB SAFE FROM COVID-19

- 🎯 COVID-19 is affecting people all across the world and will likely affect **this community**. **Take care of your health and protect others.**
- 🎯 COVID-19 is dangerous for Elders - we need to protect them. **Travelling will increase yours and their chances of getting sick.**
- 🎯 We can all help **slow the spread** of the COVID-19 virus with social distancing - also called physical distancing.
- 🎯 Only **two people** are allowed to **gather in public from now on**. This means, going for walks
- 🎯 **Everyone must stay at home** except to shop for essentials, go to the doctor, exercise or assist an immediate family member.



- STOP** your kids **roaming the streets**.
- STOP** all **backyard gambling**.
- STOP** close **contact with others**.
- STOP** using **parks and skateparks**.



- DO** wash your hands **all the time** with soap.
- DO** **stay at home** unless necessary.
- DO** keep **1.5m away** from other people.
- DO** **avoid groups** and sick people.

If you or someone you know needs support you can call  
**Lifeline on 13 11 14 or Lifeline Darling Downs on 1800 951 052.**

# LET'S KEEP OUR MOB SAFE FROM COVID-19

- 🎯 **If you're sick - get help!** Your GP or AMS will make contact with clients to let them know about changes to services.
- 🎯 **Stay positive - don't panic.** Only buy what you need from the shops, **they will not run out of food.**
- 🎯 **Stay active** - get some exercise at home. **Involve your family** and turn exercise into family games.
- 🎯 **Keep up to date.** Go online and check into the official government websites **www.australia.gov.au** and **www.health.gov.au**
- 🎯 We can all help **slow the spread** of the COVID-19 virus with social distancing - also called physical distancing.



- DO** go to work if you **can't** work from home.
- DO** help with your kids with **school work**.
- DO** **stay in touch** with others without visiting.
- DO** **keep a regular routine** with your family.



- DO** wash your hands **all the time** with soap.
- DO** **stay at home** unless necessary.
- DO** keep **1.5m away** from other people.
- DO** **avoid groups** and sick people.

If you or someone you know needs support you can call  
**Lifeline on 13 11 14 or Lifeline Darling Downs on 1800 951 052.**