

LOCKDOWN RULES:

Information for households where there is no COVID-19 positive person

Follow the lockdown rules

- Your whole household must stay at home. Most of NSW is in lockdown.
- The people in your house need to be the same people who usually live and sleep in your house every day.
- No visitors or gatherings:
 - Now is not the time for family and friends to gather.
 - No visiting each other's houses. No sleepovers.
 - No gatherings at home or down by the river.
 - If you have kids in your household, don't let them play with other kids in your yard or out on the street.
 - Don't leave Wilcannia to visit other communities.
- In Wilcannia there are 4 good reasons you can leave your house:
 1. To get vaccinated for COVID-19 go to the Community Hall.
 2. To get tested for COVID-19 go to the Swimming Pool.
 3. If you need health care go to the hospital.
 4. If you need to go to the shop to buy essential supplies.
- If you leave your house, wear a mask and take some hand sanitiser with you and be sure to hand sanitise after touching anything. Keep your distance from other people. Do not stop and talk to people.



Tips for keeping safe at home with your family

- Get vaccinated.
- Get tested.
- Look out for any symptoms and get tested again. The common symptoms are: fever, cough, sore/scratchy throat and shortness of breath, loss of smell, loss of taste, runny nose, muscle pain, joint pain, headache, diarrhoea, nausea/vomiting and loss of appetite. Unexplained chest pain and conjunctivitis have also been reported as symptoms of COVID-19.
- Keep your phone charged and on and answer your calls in case someone from the health service needs to contact you.
- Keep enough masks at home for everyone in your house.
- The weather is warmer now, so keep the windows open to allow fresh air into the house.
- If you have a sunny place on your back veranda or in your backyard you might enjoy sitting outside for some time each day.
- While outside wear a mask and keep your distance when talking to your neighbours and stay away from your neighbour's house/fence.



Tips for keeping safe at home with your family continued ...



- Keep up with good hygiene habits:
 - Wipe down benches. Clean things you touch after you use them.
 - Use hand sanitiser or wash your hands with soap and water for at least 20 seconds.
 - Always wash your hands after using the toilet, coughing, sneezing, eating food or touching your face.
 - Try not to share things like dishes, cups, towels.

Arrangements for households where someone has COVID-19

- There are extra rules and support in place for households where someone has COVID-19.
- Even though you might be worried about family and friends who have COVID-19, you are not allowed to visit them. This is to keep you and your family safe. Instead of visiting, you could try calling them on the phone.

Contact numbers



- If you or anyone in your house starts to develop symptoms call Maari Ma 08 8091 5122 during the day and the hospital after-hours 08 8083 8700.
- If you have worries about your normal medications such as scripts or your Webster pack call Maari Ma 08 8091 5122.
- If you are worried about your mental health: feel frightened, worried or anxious call Maari Ma SEWB 042 982 9889 during the daytime.
- **Don't forget these 24-hour phone services:**
 - Mental Health Line 1800 011 511
 - The National Coronavirus Helpline 1800 020 080
 - Beyond Blue 1300 224 636
 - Lifeline 131114
 - Kids helpline 1800 551 800
 - NSW Medical helpline 1800 022 222
 - Thirrili 1800 805 801
 - Suicide call back service 1300 659 467

**Stay home
unless necessary**



**Got symptoms?
Get a test**



**Wash your
hands often**



**Keep your
distance**

