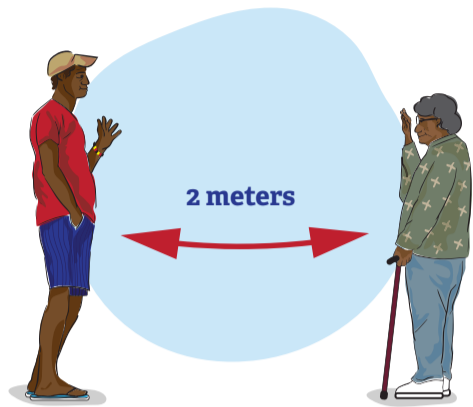


Tips for looking after yourself during COVID-19

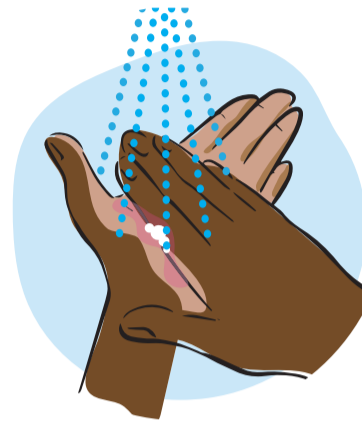
This is time to take care of your own physical, mental and spiritual wellbeing so that you can be strong and care for others, both family and community.



Practice physical distancing
Keep at least a 2 meter distance.



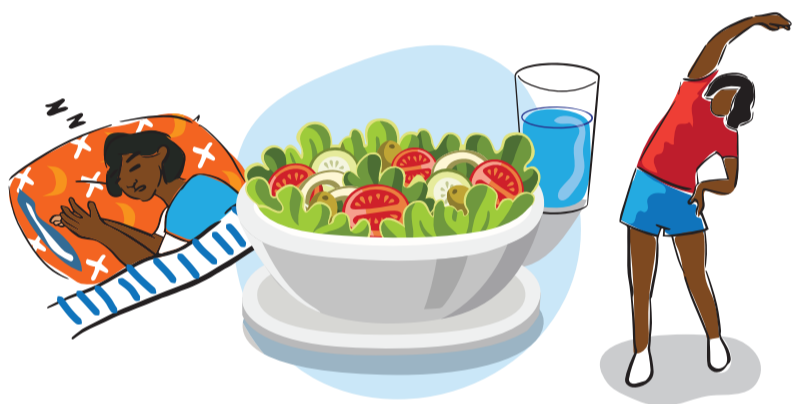
Cover your coughs and sneezes with your elbow



Practice good hygiene
Wash your hands thoroughly with soap and water



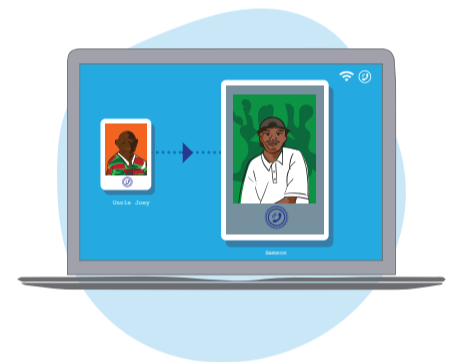
Self isolate and quarantine if and when necessary



Try to eat, sleep well and exercise if you can
Eat smaller, more often – remember to drink water.
Exercise – simple as stretching, fresh air and at least 6 hours sleep or rest when you can.



Use telehealth services



Stay connected
Tell a yarn to mob, have a good laugh and talk about the future.



Keeping your family well and safe
Understand the importance of staying at home.

Important wellbeing numbers

Beyond Blue
1300 22 46 36

1800 RESPECT
1800 737 732

Lifeline
131 114

GriefLine
1300 845 745

Kids Helpline
1800 551 800

MensLine Australia
1300 78 99 78

eheadspace
headspace.org.au/
eheadspace

Suicide Call Back Service
1300 659 467

Remember to **dial 000 in an emergency** where you or someone you know is in immediate danger, or go to your nearest hospital emergency department.