

26 March 2020

**UPDATE: COVID-19 Safeguards**

We are facing uncertain and challenging times and our lives are changing rapidly. The number of people in Australia with the COVID-19 virus is nearly doubling every two to three days with our people's lives being in danger.

To stop the virus from spreading Governments across Australia have announced a number of very serious measures. People across the country are being asked to stay home:

- most State and Territory Borders are now closed (exception of NSW and VIC)
- all sporting matches and events are cancelled
- many shops and non-essential services like cafés, bars, community centres, youth centres, community halls, clubs, RSLs, PCYCs are closed and
- the gathering of people in large numbers is not allowed this includes sorry business – with only 10 people being allowed to attend funerals.

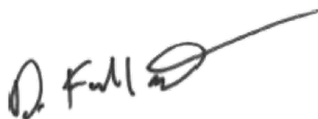
The changes will be really hard for most of us to accept but they will help save lives. We know that our mob are at significant risk so we all need to do things differently to keep each other safe. To lessen the danger every single one of us must lead by example. The key message for our people and communities right now is **“Be Smart and Stay Apart”**.

As frontline health professionals your regular roles may change dramatically over the coming weeks and you may be faced with additional demands. You will need stay informed take particular care of your own physical, social and emotional wellbeing. NATSIHWA is working behind the scenes in producing Health information and advice which will be available on our dedicated section on our webpage coming soon.

The situation is changing all the time and it is hard to keep on top of the most accurate and up to date information. Behind the scenes we have been partnering with the other workforce organisations to ensure all of our Aboriginal and Torres Strait Islander Health workforce is supported and connected and that your immediate needs in relation to COVID-19 are being considered by governments. Joint resources are underdevelopment and should be distributed shortly.

We are here for you and our communities. Please keep checking our website for COVID-19 updates and resources and if you want to have a yarn, need assistance or to raise any concerns, please don't hesitate to call the NATSIHWA team on **1800 983 984**.

We acknowledge and thank you for the work that you do - and please stay safe.



David Follent  
NATSIHWA Chairperson

