

COVID-19 HOPE TOOLKIT

Emergency sthithi meh taiyari ke liye madat ke options
(Help Options for Preparedness in Emergency)

for Pacific Pariwaro NSW ke liye

Sankalit kiya hai Loau Donina Va'a

Core Pacific Collective

NSW Council for Pacific Communities
Pacific Women's Professional Business Network
Pacific Islands Mt Druitt Action Network
Core Pacific Mental Health Group
Social Work and Policy Studies, The University of Sydney

*"Humlog apna raksha karke ke dusro keh jaan
bachayege aur apne pariwaar ko ek saath rakhege"*
Yuva Vyakti

Core Pacific Collective koh anurodh yah neh request kiya gaya keh COVID-19 Health saadhan khojne aur samajane meh asaan kiya jaye. Multicultural NSW ne COVID-19 HOPE kit ka compilation aur 5 bhaashao meh translation ka funding diya. Es ka maqsad hai keh Pacific Communities asaani yane keh easy se COVID-19 health jaankari paa sakeh joh NSW Health bharose sutroh yaneh keh sources meh hai. Protocol aur saheta jaankari bhi asaani seh mile.

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NSW Council for Pacific Communities/Core Pacific Collective



NSW COUNCIL FOR
Pacific Communities



THE UNIVERSITY OF
SYDNEY

PACIFIC
WOMEN'S
PROFESSIONAL & BUSINESS NETWORK INC.





Acknowledgement

'The Core Pacific Collective would like to acknowledge the Australian Aboriginal and Torres Strait Islander people of this nation. We acknowledge the traditional custodians of the lands on which we learn, live and work. We pay our deepest respect to their Ancestors and Elders, past, present and future.

We are, and always will be committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultures and customs that continue to nurture this land. We honour the presence of their ancestors and their spiritual relationships to the land, waters, seas and their rich contribution to society.'

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COVID-19 ke sange Jeena



COVID-safe
Protocols

Parikshan (testing)
aur Isolation

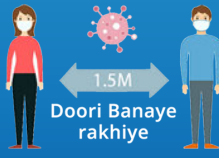
COVID-19
Vaccination

Bhalaai
(haal chaal)



Vaccination

COVID-19 keh khilaf
vaccinate ho jana
Saboot keh taur peh
ek copy hamesha
apne pass rakhiye



Doori Banaye
rakhiye

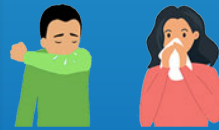
DOORIYAH

1.5 metre keh
doori rakho



Haatho

Harwaqt apana haath
saaf rakiye



Saans Sambhand (Respiratory Hygiene)

Khaso aur chinko
apan elbow yah to
tissue stamaal karo



GHAR

Ghar par raho agar
tabiyat karaab hai



Mask

Mask Pahanana



PAREEKSHAN (TEST) KARWANA

Pareekshan (Testing)
wahi laghe karwa
lena jaise aap keh
COVID-19 keh lakshan
(symptoms) ho jaye



PARIWAAR

Pariwaar seh baath kar
lena kaise ek dusre ke
saheta de sakta hai aur
ek dusre keh
khayaal karega khaas
meh humlog keh
buzrug logo keh



Wellbeing (Bhalai/ Haal Chaal)

Balanced bhojan
karo, 8 hours keh liye
sona, exercise karo



COVID-19 Kayda aur Niyam

Up to date rahena



Service NSW App

Download kar lena
Mobile APP COVID
Safe check-in
Vaccination(sui) ka
saboot



Chahera (Face)

Apan chahera (face)
touch nahi karo
Apan haath saaf karlo
mugh (chahera)
chuweh sehe pahale



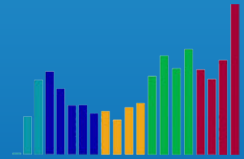
Kaam

Agar aap kaam karta
hai toh, apne
employer seh baath
karlena, ek COVID safe
work plan banwane
meh



Safaai

Hardam saaf aur
disinfect kijiye un sare
cheezo ko jo aamtaur
pe harwaqt use kiya
jata hai jaise keh
mobile aur door knob



Local Positive mamlo

Latest local mamlo seh
up to date raho



Sahaayta

Apna Doctor seh baat
karo jo bhi dar, chinta,
nirashi hai. Aapna
Pacific Link yah
Services aur resources
dekh sakte hai



Khatra

Agar jaan khatre
meh hai to 000
call karo



Aur Tarah keh Vaccinations

Up to date raho,
khash taur influenza
keh bare meh

“Kaash humlog ek parivaar saath meh dono vaccination karwahe raha! Humlog keh Parivaar jon dukh aur kathinae se guzaris hai humlog kabhi nahe bhulayega. Sab parivaar aur dosto keh pratna, pyaar, humdardee, himat aur hosla humlog keh PARIWAR keh madat karis hai judne meh.” Susan Raukete



COVID 19- VACCINATION AUR VACCINATED HONA

NSW Health ka shifaris hai keh sab koi COVID-19 se vaccinate lagwai lo

Humlog keh sange kaam kare ke padi vaccinate hoi meh, jis meh humlog kudh keh aur aapan priyajano (loved ones) ke bachaye keh rake sakta hai
Agar aap keh paas kuch sawaal hai toh apan - doctor seh baath karo

COVID-19 VACCINATION FACTS

- **Paisa nahi laghe hai.**
Koi charge nahi hai.

VACCINATION KEH PROOF

Aap ko COVID-19 Vaccination Certificate milega jab aap fully vaccinated ho gayega (2 doses)



3RD PRIMARY DOSE OF COVID-19 VACCINE

Australia Technical Advisory Group on Immunization (ATAGI) shifaris kare hai keh 3rd dose COVID-19 vaccine unlogo ko lagwana chahiye jin logo ke immune system kaam nahi kare hai

KIS TARAH KEH VACCINATION MILE HAI AUSTRALIA MEH

Puri tarah seh vaccinate hone meh aap ko two doses lageghi
Health officials keh anusaar aap ko 90% protection milegi hospital meh bhartee hone seh yah to moth hone seh agar aap dono dose lagwai liya, 90% protection 7- 14 days second dose keh baad effective rahegi

COVID BOOSTER ADVICE (31st JANUARY 2022 SEH)

- **Hardam nawa jaankari (information) check kar lena**
- Sabhi koh jo 18 umr seh upar keh hai unhe shifaris kiya jata hai keh booster dose lagae 3 maheene primary course lagwane keh baad



Next page meh aur jaankari (information) hai



Viruses radio waves / yah to mobile network ke duwara travel nahi kare hai.

FACT:
5G mobile se COVID spread nahi hota

COVID-19 bahut desho meh hai jaha par 5G mobile network nahi hai.



FACT:
COVID-19 vaccine aap ke DNA nahi badle hai



Agar aap infertile hai, aap bacha nahi hoye hai, kare ya to pregnant hoi sakta.

FACT:
COVID-19 vaccine aap ko infertile nahi banayega (bacha nahi hona)



“Hum dhanyawaad dena chahete hai PIMDAN ko, Meherau aur unke team ko jeeno ne mere 80 saal khi Maa keh saath diya aur hamaare kamzor(vulnerable)samaaj keh liye” Shantishwar Lal



COVID-19 VACCINATION AUR VACCINATED HONA

Kis tarah se COVID-19 vaccination lagae sakta hai:

- Apne Doctor ke contact karo
- Online vaccination finder peh jayeye
- Walk in wala hub meh chala jayo
- Agar aap ke paas Medicare nahi hai toh apne local doctor yah to GP ko contact karo
- Jo logon keh paas medicare card nahi hai un logo ko vaccination kuch places par nahi lag sakta hai jaise keh Vaccination clinic, NSW health clinic aur kuch GPs keh paas.



COVID-19 VACCINATION FACTS

- Yeh free hai, paisa nahi lage hai
- Asaani se aap access kar sakte hai. Aap ko medicare card yah to visa ki need nahi hai
- Surakshit hai. Therapeutic Goods Administration TGA neh eesh ko 'approve' kiya hai.
- Aap koh bachata hai. COVID-19 vaccines madat karta hai aap koh bimari pakadne me aur spread karne se
- Yeh bachata hai. Yeh kaam karta hain aap ke chances hospital mein bhartee hoke keh yah toh mrtyu hoke keh agar COVID-19 pakad lewe



VACCINATION KEH SABOOT

Digital copy Certificate aap download kar sakta hai esh site se:

- Medicare Express App
- MyGov Account
- My Health Record

Aap keh vaccination provider bhi aapka immunization itihaas certificate print kare sake hai Apne Certificate harwaqt saath meh rakiye.



3RD PRIMARY DOSE COVID-19 KEH VACCINE

- Australian Technical Advisory Group joh Immunization (ATAGI) shifarish (recommends) karta hai 3rd primary dose COVID-19 vaccine un logo keh liye jinka ghamir tarah seh immune system theekh nahi hai, Yeh 3rd dose adhik/zada matra meh immune system koh saheta dega.
- Sab keh lagoo hai jo log 18 saal umr se upar keh hai jishe kuch conditions yah to therapies karaweh hai jo ghambir immunocompromise kar sakta hai, jaise Box 1 me bataya gaya hai Aur jaankari aap deke sakta hai Resources **Important talk to your Doctor section meh**



KIS PRAKAR (TYPES) KA VACCINES MILTA HAI AUSTRALIA MEIN

- **Pfizer**
 - Preferred kiya jata hai 5 saal keh umr aur jada keh liye
 - Pfizer me 2nd dose 3-8 dose bhi need kara jaya hai, 3-8 weeks ke baad apne pahela dose keh baad
- **AstraZeneca**
 - Jo 60 years se zada umr ke hai, yaa toh 18-59 years keh hai jaha Pfizer available nahi hai
 - Ya 2nd dose 3-8 weeks apna first dose keh baad lagaye keh padhi
- **Moderna**
 - Jo log 60 years se upar umar keh hai aur 18-59 years keh hai jaha Pfizer available nahi hai
 - Yeh 2nd dose 4-6 weeks apna 1st dose keh baad lagaye keh padhi



COVID BOOSTER ADVICE (31st JANUARY 2022 SEH)

- TGA ne provisionally approve kar diya hai COVID-19 booster doses joh log 18 saal aur upar keh hai
- ATAGI recommend ya ne sifarish kareh hai 3rd COVID vaccination (ek booster) jo eligible log hai unke liye, at least 6 mahinhe keh baad, dusera dose lene seh
- Pfizer yah to Moderna vaccines approved kiya gaya booster shot keh liye, chahe aap ko aur prakaar ke dose pachele laga ho (primary doses) Booster doses lagna chahiye ginhe risk factors severe COVID-19 keh ho aur yah to jinka occupational risk ho COVID-19 se. Ismeh health dekhbhaal kareh wale karmachari yaneh keh staff bhi included hai. Booster doses abhi nahi recommend kiya jatha hai jo 18 saal, umr se kam ke ho. Ghambir COVID-19 eesh age group meh uncommon hai
- Kaha par booster vaccinations lagwa sakte ho
 - NSW Health run clinics, GPs aur pharmacies keh paas
- Apne doctor ko contact kijiye aur jaankari keh liye

MADATH

<https://covid-vaccine.healthdirect.gov.au/eligibility>

Pacific Link

Hotdoc.com.au / App

COVID-19 Helpline: 1800 020 080



“COVID-19 Safe, Saath meh hum khade hai Vaccinated.” Sarah & Roy



1. Parikshan (Testing) karwana COVID-19 ke liye

- Agar aap ko Flu-like yah toh COVID-19 lakshan ho
- Agar aap kareebi (close) yah casual contact ho jinhe COVID-19 hai
- Aap koi hotspot pe tha jo NSW Health website pe listed ho
<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/case-locations-and-alerts.aspx>
- Test karwane ke liye aap se nivedan (request) kiya gaya hai

ZAADA JAANKARI KEH LIYE NEXT PAGE PAR JAYO

2. Yaadi aap ka test positive ho, NSW Health Department aap ko SMS seh batayega Aap ko clear salaah dee jayegi

3. Yadi aap ko COVID-19 4 hafte pahale huya tha aur aap koh abhi lakshan hai, doctor ko call kijiye, self-isolate ho ke test karwaye

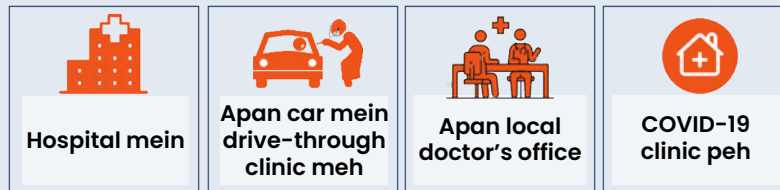
4. Close Contact Testing- gharwale (household) contacts yah jinhe high-risk exposure (jada jokhim) hua hai

Close contacts ko jada katra hai COVID-19 pakre keh. Yeh log zaada milis hai jiske COVID-19 hua hai. Test karwalo clinic yah to drive through me (Supermarket seh kharid keh test nahi karwana) aur apne aap keh door kar lo (isolate) aur sab seh jab talak aap keh result nahi mile. NSW Health keh lagoo direction follow karte raho keh kitne din tak isolate rahena padega.

5. Casual Contact testing - agar aap casual contact ho jisko COVID-19 hua ho

- Aap turant test karwalo aur self-isolate hojaye jab tab aap ka result negative nahi mile
- Day 6 par fir seh test kijiye aap keh last contact keh baad jisko COVID-19 positive raha. Agar tabiyat acha hai, aap keh self-isolate nahi howe ke padi jab aap result wait karta hai
- Aap Test karwaye lo ek clinic yah to drive through meh (supermarket wala test nahi) aur isolate ho jayo jab talak result nahi mile.
- NSW Health keh lagoo direction follow karte raho jab tak result nahi mileh

6. Kaha par test karaye sakta hai?



- Aap apne saath koi aur keh bhi leke jaye sakta hai, lekin mask pahene keh padi

7. COVID-19 keh liye test karwana kaisa hai?

COVID-19 testing:

- Asaan hai
- Jaldi hai
- Paisa nahi lage

Aap koh apna result mile sake hai:

- Text seh
- Phone call seh

Aap koh COVID-19 test kawaye ke baad sidha ghar jaye padi aur self-isolate kare ke padi.
Iska matlab hai keh jab aap apna result wait kar rahe hai, aap yeh nahi sakta kare:

- Apna ghar chhod keh kahi jaye
- Ghare visitors balana

Agar teen din keh beech meh aap ka result nahi mile, toh aap jaha par test karwaya hai, waha contact karo.



MADATH

Apna Doctor yah to Health Direct keh call kare sakta hai
1800 022 222 par

Agar aap keh Jaan khatre meh hai toh 000 call kijiye

Aur jaankari:
www.covid19evidence.net.au

RAT aur PCR Parikshan

Aise kare tarah keh parikshan hai jisse aap test kar sakte hai agar aap ko coronavirus (COVID-19) hai



Rapid antigen tests (RAT)

- rapid antigen test se jaldi pata lag jata hai keh aap ko COVID-19 hai keh nahi
- Jo Concession card holders hai unhe free RAT test mil sakta hai 24th January 2022 se



PCR tests

- Yeh naak aur gala ka swab hai joh ek testing clinic me liya jata hai, yeh fir ek lab me bheja jata hai testing ke liye

Rapid antigen test kise karwana chahiye?

- Lakshan wale log
- Gharewale, samajik, kaam ki jagah, yah education contact ek positive mamla (case) ka.
- Sab ko kissi bhi karekaram me jane se pahle jaha par bahut se log hoge yah to apne bheemaar aur kamzor (vulnerable) pariwaar ke sadasy (members) ko milne se pahle.
- Koi bhi jo overseas se aya hai (passenger aur flight crew)

Kya hoga agar mera parinaam positive ho rapid antigen test me?

Agar aap ka test positive ho rapid antigen test ke baad toh aap ko sab se zada sambhavana (most likely) hai keh aap ko COVID hai:



TEST PARINAAM (RESULT)	LAKSHAN	EXPOSURE RISK (JOKHIM)	AGALA KADAM
✓	✓	JANE WALA (KNOWN) YAH NAHI JANE WALA SAMPARK (UNKNOWN CONTACT)	Aap ek confirmed mamla (case) ho, yeh advice ka paalan karo https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx
✓	✓ or ✗	JAANE WALA (KNOWN) HIGH RISK YAH GHARELOO SAMPARK (HOUSEHOLD CONTACT)	Aap ek confirmed mamla (case) ho, yeh advice ka paalan karo https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx
✓	✗	KOI JANE WALA CONTACT NAHI (NO KNOWN CONTACT)	Aap sayad ek mamla (case) ho, rapid antigen test 24 gante me kijiye yah toh PCR Test kijiye

Kya hoga agar mera parinaam negative ho rapid antigen test me?



Agar aap ek household contact ho yah aap ko high-risk exposure hua hai kisise jisse COVID hai toh aap ko isolate hona padega 7 deeno ke liye. Aap ko follow karna padega advice for people exposed to COVID-19 to determine your risk. Yeh determine karne ke liye aap ko high risk exposure hua hai yeh jaankari use kariye Information for people exposed to COVID-19 aur uchit (relevant) isolation salaah paalan kariye (<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/people-exposed-to-covid.aspx>)

Agar aap ko lakshan hai, krpaya ek dusara rapid antigen test kijiye 24 hours ke andar yah toh PCR test kar lijiye. Agar aap ka second test positive hai aap ko confirmed mamla (case) manna jayega. Agar second test negative hai, aap ko isolate karna chahiye jab tak aap ka lakshan nahi chala jaye

Kaun ko PCR test karana chahiye?

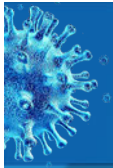
Aap ko PCR Test karana chahiye agar:

- aap ko COVID-19 lakshan hai, lekin aap ke test negative hai ek rapid antigen test me AUR aap ke jada risk hai ghambir bheemari ke, pregnant log bhi included hai joh immunosuppressed hai, Aboriginal aur Torres Strait Islander, Pacific Islander, yah toh unvaccinated log
- aap ko lakshan hai lekin aap ke rapid antigen test nahi mile hai
- aap ke health care provide batayis hai PCR test karwaye ke

Agar mera test Positive hai, mai kya karu?

Yeh advice follow kijiye people testing positive for COVID-19:

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx>



COVID-19 LAKSHAN

Common Lakshan

- Bukhaar (37.5°C or higher)
- Thakhai
- Khasee
- Swaad yah toh mahak nahi lage hai
- Raat ko pasina
- Joodi lagna
- Runny Nose (Naak Bahe)
- Naak block hai
- Sar dard
- Sore throat (Gale meh kharaash)
- Muscle piraweh
- Joint piraweh
- Diarrhoea
- Nausea (Ulti)
- Bhook nahi hai
- Conjunctivitis

Gambir Lakshan

- Ghambir sardard
- Chakar aana
- Saans ki kami
- Saans lene meh kathinayi
- Chathi meh pressure yah dard

*Agar aap ko Ghambir lakhshan hoye toh 000 wahi laghe call kar lo

Lakshan hone par aap kya kar sakate hain?



Apne parivaar ki raksha karo aur lakshan aur karaab howe ke wait nahi karo



Wahi lage TEST karwaye lo yadi aapke paas COVID-19 lakshan hain, chahe mild lakhsan ho aur bhale hee aap vaccinated ho



RAT test kijiye yah toh sabse nazdik testing clinic pe jaiye. Kahi par rukna mat yah toh koi dukaan par nahi jana. Ek list banao apne close contacts keh, aur kaha par aap gaye raha aur sab logoh ko jaldi seh bataye



Aap public transport, taxi yah toh ride-share seh travel nahi kare sakta hai



Mask paheno jo aap ke naak aur muh dono cover kare



Agar aap testing clinic nahi jaye sakta hai, apna doctor ke call karke advice testing keh bare meh lelo



Agar aap keh Doctor madat nahi sake kare, NSW Health Isolation Support line jo 1800 943 553 pe call karo



Sab se alag yane ke self- isolate karo jab tak negative result nahi mile



Agar aap ke lakshan gambhir ho jaye toh aap keh hospital jawe keh padi



Oxygen aur ekdum gambhir cases meh ventilators use kara jaye hai saans lene meh



Agar aap keh aur chinta hai, toh apna Doctor seh baath karo



MADATH

Apna Doctor
yah toh Health
Direct keh call
kare sakta hai
1800 022 222 par

Agar aap keh Jaan khatre
meh hai toh 000 call kijiye

Aur jaankari:
www.covid19evidence.net.au

Self-isolation hona jab COVID-19 ho jaye



COPING TIPS

DAILY (ROJ KA) ROUTINE RAKHO
SAMPARK (CONTACT) MEN RAHO
APNE PASAND WAHA EXERCISE KIIYE
HEALTHY KANA KHAO
WELL-BEING (BHALAI) KAREKARAM
SUPPORT KHOJ LO



SELF-ISOLATION NIYAM (RULES) KOH FOLLOW KI JIYE

TRAVEL(YATRA) – private car,
bike, yah to CHAL ke jaiye.
Isolation Support line
1800 943 553 keh call karo
agar aap koh transport
chahiye

Agar NSW Health advice ka
palan nahi karega toh fine
mili

NSW Health aap ko
batayega keh aap
self-isolation meh kya kar
sakta hai



APNE HEALTH KA ROJ NIGRANEE(MONITOR) RAHO

Apne symptoms karaab hone ke wait nahi karo,
000 ko call karo agar jaan ka katra ho



STRICT(SAKHT) HYGIENE KA NIYAM KI GIYE



1 AAP KO SELF-ISOLATE HONA CHAHEYE

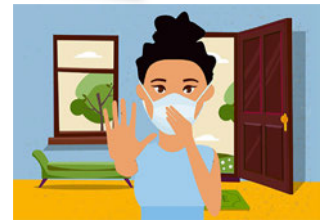
- Jab COVID-19 ke liye positive ho
- Yadi aap COVID-19 waale kisse vyakti ke close contact mein hain aur parinaam (result) kee prateeksha (await kar rahe hain)

- Yadi aap ek casual contain hain aur apne test ke result wait kar rahe hain (bhale hee aap fully vaccinated ho)
- Yadi COVID-19 ke kuch lakshan hai aur aap results wait kar rahe ho (bhale hee aap fully vaccinated ho)



3 APNE GHAR (NIVAS STHAN) CHHOD KEH NAHI JAHA

AGAR GHAR CHHODNA
HAI – aghar ghar chhode
keh pada toh COVID-19
test, medicare care yah
to emergency keh liye
nikhalo



5 COVID-19 POSITIVE SELF-ISOLATION

- Jisko COVID-19 hai unko kuch kadham (steps) lena padega suchana dene meh:
 - Apne Employer
 - Aur log joh saath meh rahete hai
 - Social Contacts (jinke saath aap uthe baithe ho)
 - Educational provider (jaise keh school/University)
- Agar aap ka business hai toh SafeWork NSW koh aap ko batana padega agar koi worker ko COVID-19 ho jaye
- Up to date raheye niyam aur exemption jo bhi hai

7 AAP GHAR PAR SELF-ISOLATE NAHIN KARE SAKATA HAI

- Special Health Accommodation keh liye paisa nahi lagta hai
- 24 ghante dekhhabhaal pradaan kee jaatee hai, 7 days a week. Public Health 1300 066 055 par kol kare
- Seva joh included hai: bhojan, Wi-fi, TV safai ar kapade dhone ke sewa

9 DOOSARON KE SAATH ISOLATION

- Ek hee ghar mein parivaar rahe sake hai, lekin samjhe keh padi khatara badh gaya hai aur sayad test aur isolate kare keh padi
- Shaareerik sampark (physical contact) se bache keh padi agar aap sab ek ghar meh hai

COVID-19 Parikshan Positive aur Ghar pe sambhalna



Yadi aap ka test positive hai rapid antigen test ke duare, aapko yeh karana hoga:

- Register karna padega apna positive test Service NSW website jisme keh aap judhe sakta rahe khaash health care support seh aur advice pawe sakta hai aap keh COVID-19 risk keh mutabik. Agar aap nahi register online kare sakta hai to, please call kijiye Service NSW 13 77 88 par
- Jab positive, hai. aap ke kuch sawaal keh jawaab de ke padi yah toh survey kareke padi yeh jaane keh liye keh ghambir bheemari keh aap keh katra hai keh nahi.
- Aap keh salaah bheja jayi self-isolation keh bhare meh aur aap kudh keh bheemari khaise dekhbhaal kare sakta hai ghar pe

Exposure to someone with COVID-19 again:

- Agar aap contact meh aya hai COVID-19 28 days keh bhetar aap keh isolation katham hoywe keh baad, aap keh zadatar self-isolate nahi howe keh padi yadi aap ke lakhsan hai. Dekhiye **NSW Health Links & Resources – Information for People Exposed to COVID-19**

Agar Aap ka positive test raha PCR ya rapid antigen test keh baad:

1. Aap aur aap keh gharwale keh isolate wahi laghe kare keh padi 7 din ke liye. Agar 7 din ke baad lakhsan fir bhi hai toh isolation meh raho, khali 24 hours lakhsan katham howe ke baad aap isolation katham kare sakta
2. List banalo sab jagha aap visit kaara raha aur kishe mila raha 2 roj lakhsan howe seh pahele yah toh 2 roj positive howe seh pahele
3. Sab logon keh batao (phone, text yah email seh) keh aap ke COVID-19 hai. Ees meh sab shamil hai jaise aap keh samajik sampark (social contacts) kaam wale yah to school aur jo venues aap visit karah hai



Mujhe kaise patha chalega keh mujhe COVID-19 hai?

- Zada log sakhe use kare rapid antigen test (RAT) result confirm kare keh liye COVID-19 positive hai
- Sab shameel hai jeene lakhsan hai, yaah koi saghe rahe hai jeene COVID-19 hai, yah toh dher waqt sange bitaya hai, yah to kareebi seh baathchit kara hai jeene COVID-19 raha aur joh log desh seh bahar (international travel) gaye raha last 14 days keh bhtar.
- Khali kuch logon keh confirmatory PCR (naak aur gala) swab karwaye ke padi



4. Agar aap keh chinta hai, apne GP keh call karo, NSW Health COVID-19 Care at Home Support Line keh 1800 960 933 peh yah toh National Coronavirus Helpline 1800 020 080 peh. Agar lakhsan ghambir hojaye to 000 call kijiye

Managing COVID-19



- Agar aap keh risk hai ghambir beemari keh toh aap ko judha dewa jayi NSW Health clinical services keh sanghe
- Agar aap 65 years aur kam umr keh hai, aur two doses COVID-19 vaccine lagh gayis hai, aur koi chronic health conditions keh mareez nahi hai aur gharvatee (pregnant) nahi hai toh aap ghar meh apne aap keh dekhbhaal kare sakta hai

Zada lakhsan sakeh manage ho jaye:

- Bed rest seh
- Acha bhojan
- Regular paracetamol aur ibuprofen raahat dewe keh liye dard aue bukhari seh
- Throat lozenges sore throat ke liye
- Paani peete raho har waqt

UP TO DATE RAHENA NAYE CHANGE KEH LIYE



Apne Doctor seh COVID-19 keh lakhsan yaneh keh symptom au medical elaaaj keh bareh meh jaankari lelo

- Apna GP ke contact karo yah call karo **NSW Health COVID-19 Care at Home Support Line on 1800 960 933** agar aap keh jada risk hai ghambir beemari keh
- Agar aap pregnant hai aur aap keh COVID-19 hai. Apne doctor keh contact karo

Jaankari un logon keh liye jinhe koi disability (viklangta) hai



“Vishwas hi mera rasta hai acha hone meh. bhagwan surya (sun) ki garmi mein hai, doctor’s ka gyan, unka prayas aur jabaradast samarthan (support), mere pariwaar aur samaj ke pyaar. vishwas hai! chalo ham sab apna hissa karte hain, ek acha, surakshit (Safe)bhavishy (future) ke liye” Anonymous (gumnam)

Jaankari humare Bujurg aur Vulnerable logon keh liye



1 COVID safe salaah Buzurg aur Vulnerable yane keh un logo keh liye jeene COVID-19 aasani seh pakade sake hai



- Aware raheye, sawaal Puchiye, apne Doctor seh baath kijiye
- NSW Health ki advise hai keh aap apna activities aur ghumna kam rakiye jisme aap apne aap ko bacha sakta hai
- COVID safe rahege. Apne zindagi meh COVID-19 protocol (kaida kanoon) lagu ki jiye jaise kai
 - Active raho, walk keh liye chala jayo, har ganta chalo firho
 - Khana healthy aur balanced khao, joh taja aur paushtik (nutritious) rahe
 - Bahut sara paani piyo
 - Apan hygiene safa rakho
 - Apan pariwaar aur dost say sampar meh raho (contact meh)
 - Apne aap keh COVID-19 rules seh up to date rakho
- Apna medical appointments pe jathe raho
- Niam that apply kareh hai agar aap Church, shaadi yah to koi keh funerals meh jata hai
- Kuch residential aged aur disability care facilities meh vistors nahi jaye sake (pawandi laga hai)



2 Joh log Vulnerable yaneh keh kamzor mana jata hai

- Log jiseh kisi tarah keh chronic medical condition ho yah to compromised immune system hai aur sake karab seh COVID-19 seh bimaar hoye jaye. Unse binthi hai jada saudhaan rahe
- Joh log Group residential aged care facility meh. Unhe hum surakshit rhake sakta hai:
 - Milo Jhulo nahi - virtual (computer/phone keh duwara) contact rakho
 - Nahi visit karo jab aap keh tabiyat theekh nahi hai
 - Bahaar meh milo (indoor nahi)
 - Doori banaye rakho
 - Drop kar joh samaan zaroori hai saheta keh liye

3 Resources hamare Buzurg aur kamzor keh Liye

- Kya pata lagaane mein madad chaahie ki aap keh liye sabase achchha kya hai?
- Call Service 137788 Saheta keh liye saamaan, dava, vitteey aadi (financial support) ke liye
- NSW Seniors Card provides updates on COVID-19, discounts, aur offers hamare seniors keh liye
- Aap Seniors Card/ Senior Savers Card aaply kar sakte hai yeh service access karne keh liye
- Aap Resources (Saadhan) wala section dekh sakte hai links dekne keh liye Upaladh Samarthan Available supports keh liye

MADATH

Apne Doctor seh baat karo

Apne NSW Council for Pacific Communities or yah Pacific Link seh contact meh raho

National COVID older persons information: 1800 171 866

OPAN: 1800 237 981

COVID-19 Disability: 1800 643 787

National Coronavirus: 1800 020 080

TIS: 13 14 50 24 hours, 7 days a week

National Relay Service agar aap sune nahi sakta yah to kisi tarah hearing or speech impairment hai

Service NSW Phone: 13 77 88



COVID-19 vaccine lagae keh matlab nahi hai ab koi aap keh track kareh sakeh (jasoosi nahi hoye)



FACT:
COVID-19 vaccines meh koi tarah keh chota technology nahi hai, jaise keh Software aur Microchips.

Sab umar keh log sakeh infected hoye nawa cornonavirus seh (nCoV-2019)

Kya nawa coronavirus humlog keh buzurg yah to hamlog keh naujawan keh affect kareh?



Jaankari unke liye jinone vaccinated (sui) nahi lagaya hai



VACCINATION

Vaccination compulsory nahi hai sab Australian keh liye

Kuch industries meh agar aap kaam karta hai toh vaccination lagwana padega.

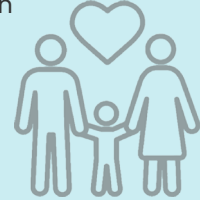
Aap NSW Health yah apna employee seh check kare sakta hai aur jaankari ke liye.



SAHETA

Vaccination aap keh Support nahi affect kari

Agar aap vaccination(sui) nahi lagwayega, aap keh pariwaar keh eligibility Family TAX Benefit. (ftb). Part A & Child Care Subsidy (CCS) nahi affect kari



TRAVEL

Travel aur COVID-19 Vaccination

Kafi destination or kaam wala jaga jada jokhim (high risk) vaathavaran (environment) sayad maag kare gi keh aap vaccinated ho. Exception hai un logo keh liye jeene vaccination nahi lagae sakeh



HEALTH DEKHBHAL AUR ZIMADARI

Jokhim aur jimawari ko samajna

Agar tabiyat karab hai, or koi chinta hai to apne Health care Professional seh baath karo. Koi sharamane ke baath nahi hai. Unko zaroor batao aap ko vaccination nahi huya jisme weh aap ko achi sewa de sake. COVID-19 niyam seh up to date raheye



EXEMPTION (CHHOOT)

Vaccination rules un logo peh nahi laagoo hota hai joh aap keh premises peh:

- ✓ kissi kamzor sadasye ko sewa detha hai, jaise keh, khana sewa hamare begghar logo keh liye
- ✓ khareedal Khana joh jaha seh kareeda hai waha nahi kayega (takeaway /food court)
- ✓ agar aap koh funeral, memorial service yah toh shaadi meh jana hai kam log hai
- ✓ click and collect service use kare rahe hai
- ✓ emergency service dena hai
- ✓ auction karna hai food supply fibre, livestock, yah phasalo keh liye

Mahamaree (Pandemic) ki Taiyaari



1

COVID Planning (Yojana)

- Khudh ka COVID-safe plan **BANAYO**
Dekhiye **Resources** jaha template hai apna plan banane ke liye
- **SAVE** kijiye apne phone par aur hard copy banayo joh jaldi seh mile sake hai
- Ek copy **HOPE Toolkit** PRINT kar keh koi asaan jagah rakho jaha seh jaldi seh mile sake hai



Aap yeh khayal meh rakiye keh kaise aap:

- ✓ Bacho aur pariwaar keh sadas joh aap peh nirbhar (dependent) hai unka khayal kijiye
- ✓ Medical services or Supplies ko access karege
- ✓ Sauda aur ghar ka samaan layega
- ✓ Parivaar ke liye sahaayata sevaen praapt karna jeene kisi tarah ka disability hai
- ✓ Kaam aur financial support manage karna

Kaise contact karege
Joh sewa provide
karna hai, yah to NSW
Council for Pacific
Communities, yah to
Pacific Link koh



2 Saath

Upakaran

CHECK kijiye ke aap ka device (charges keh ssath) aap keh paas hai jisme aap in contact meh rahe sakte hai pramukh (key) logo seh. Yeh aap ka phone, laptop yah tablet ho sakta hai. Aap ensure kijiye keh aap keh paas internet access aur data credit hai.



Emergency Sampark

Ek list **BANAYO** sab key contacts keh – doctor, specialists, pariwar, bacho, school, kaa, supports.

SAVE kijiye apne phone par aur hard copy rakhiye NSW Health COVID-19 Care at Home support line 1800 960 933



3

Joodna

Joode **RAHO**

- Apne aap se joodhe raho, active raho aur kuch naya karane ki koshish karo jisse aapko acha mahasoos kar sake
- Parivaar aur dosto se judho
- Apne aadhyatmik (spiritual) se judho



4 **STOCK up** kar lo
30 days keh
supply aur medical
supplies. Apna
Doctor se pucho



5 **COVID19 Ghare
Kee Dekhbhaal
Kit- Ghar peh
manage karna**



Lakshan Rahat
jaise keh
paracetamol

Khana aur
Paani

Phone numbers
apne GP aur
emergency
contacts keh

Thermometer
– medical saheta
lijiye agar aap
39.5°C seh upar hai

Aap ke har waqt
keh dawai aur
rapid antigen tests
agar mile hai

Khilona
bacho keh
liye

Aur Ghar ki Dekhbhaal Kit ke liye

Lakshan Rahat: soothers, lozenges, vit C, vit D, zinc, cold n flu tablets, panadol, ice packs, water packs, heat packs

Khana aur Paani: dehydration – Hydralyte sports drinks, icy poles, Non-perishable aur sada khana, paani, plan sauda kaise layege – online orders, dosto aur pariwaar

General: pet food, include karo hand sanitizer, cleaning products, toilet paper

Thermometer: temperature ko monitor kijiye, 38°C se jada hai – Paracetamol madat kare sake hai, 39.5°C se jada hai – medical saheta dhoondhiye

Essentials: Aap ke har waqt keh dawaie – 2 week supply rakhiye, Rapid antigen tests (agar mil raha hai) aur Toys/Activities bacho keh liye (dekhiye resources for children activities)

Koi scientific proof nahi hai
Vitamin C COVID-19 koh
acha karta hai

**Kya Vitamin C seh
acha hoi jaya ga?**



Koi published
peer-reviewed scientific
evidence esh claim koh
support karne meh nahi hai

**Kya Ibuprofen aur
karaab karta coronavirus
ko acha karta hai?**





THEEK HONE KA RASTA

- Sab keh liye alag hai
- Kafi log 12 hafte keh bhtar meh achi tarah seh acha ho jata hai, aur kuch log nahi theekh hota itne deeno meh
- Medical clearance – aap koh text message or email mila hoga yeh confirm hona ke aap ka isolation period khatham ho gaya, jab aap ka infection period katham ho jaye
- Har waqt medical clearance notice apne paas rakho

SURAKASHA AUR LAMBI PRABHAV

Symptoms 12 hafte seh zada tak ho sakta hai aur naye symptoms bhi ho sakta hai

KARNA CHAHIYE:

- Abhi ka Niyam ka paalan (follow) kijiye
- Apna regular medical check-up karte raho
- Agar Lakshan (symptoms) karaab hone lage toh apne doctor koh dekayo
- Test KARWALO- Agar 3 maheeno seh jada ho gaya aur aap ko abhi bhi lakshan hai
- Routine COVID-19 agar aap keh lakshan nahi hai toh testing nahi sifarish kara jaye hai, six months COVID pakhd ke baad, COVID-19 tests thoda din tak positive sake rahe. **Dusra state jawe seh pahele rules check karlo**
- **Apna vaccination lagwalo agar aap theekh ho gaya hai**
- Apne doctor seh baath karo agar aap sure nahi hai
- Public Health orders adesh (require)detha hai keh aap vaccination karawa lo
- Apne Doctor keh taraf seh medical exemption (chooth) lelo COVID-19 vaccination lagwane meh. **Apna state ka rule check karo**



JOKHAM DUKH MANAGE KARNA

Agar aap fir seh kisse seh expose hog aye jiseh COVID -19 hai

Agar aap koh COVID-19 mamla (case) hua last 6 months mein aur aap fir seh kisse contact meh hogaye ho, toh aap ko close contact nahi mana jayega aur aap ko self-isolate nahi karna padega, aur test nahi karwa padega jab talak aap koh lakshan (symptoms) nahi hai

Dukh, Shok, manasik swaasth sahayata

- Post COVID-19 aap ko dukh kisi Priyajanoh (loved one) ko khone ka ho sakta, yah to psychological after effects (manovaigyaanik prabhav ke baad) jaise keh katanayee yaad karna, ya pareshani dhayan kendrit karna, avasad ya chinta jaise prabhav ke baad, depression yah anxiety.
- Aapko es waqt meh:
 - ✓ Ek Health Professional ko batana padega
 - ✓ NSW Health ne mil kar Sonder keh saath ek personal wellbeing service app provide kiya hai joh free download ho sakta hai. (Sonder Wellbeing & safety app)

NORMAL ACTIVITIES PE LAUTANA

Ha, ho sakta hai MEDICAL CLEARANCE keh baad!

Apne Jeewan COVID-19 protocols seh jeeyo kaashtor pe HYGIENE

"Ek dusere sehe daya dekhao"

IS meh kou sharam nahi!

"Dhanyavaad aap neh close contact keh bare meh information share kiya"

"Dhanyavaad aap neh mask pahena hai"

"Dhanyavaad aap neh doori rakhi (social distancing)"

BAND karo hinsa un logon keh taraf jo public health guidelines follow karte hai, jinhe COVID-19 lakhsan (symptoms) hai yah toh es bimaari seh theekh hog aye hai

MADAT KEH LIYE

Apne local doctor seh baat kijiye
RESOURCES dekhiyo aur jaankari keh liye



Apps aur eResources jawaan dimago keh liye



SELF CARE APPS



MoodGym

Depression and Anxiety
(psychological/emotional)



My Coping Plan

Healthy Coping Strategies
(psychological/emotional)



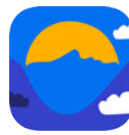
MyGrief

Grief and Bereavement
(psychological/emotional)



MyFitnessPal

Nutrition and Fitness
(physical)



Beyond Now suicide safety plan

Grief and Bereavement
(psychological/emotional)



MapMyRun

Nutrition and Fitness
(physical)



Holy Bible

Spiritual Development
(spiritual)



Recharge

Health and Wellbeing
(psychological/physical)



SuperBetter

Games and Challenges
(motivational)



LinkedIn

Developing new networks
(professional)



MindShift

Anxiety Relief
(psychological)



WhatsApp

Social connection (social)



HELP Questions or concerns, speak to your local doctor | See **RESOURCES** for further help information





MENTAL HEALTH TALANOA (MHT) TOP 5 TIPS TO SUPPORT THE WELLBEING OF YOURSELF AND OTHERS

The following tips are about maintaining your wellbeing with yourself and others in a proactive way. We encourage putting these into practice on a regular basis to help prevent feeling overwhelmed and to support a collective response across your family and community towards an ongoing mental health talanoa.



CONNECT WITH YOURSELF

- # Listen to your body and be kind to it
- # Rest, get fresh air, sleep and hydrate



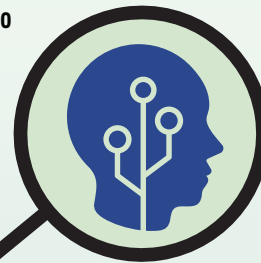
CONNECT WITH SERVICES

- # Reach out to free professional health services including in person and online counselling services and your local Doctor
- # Maintain a relationship with your health professional and the goals you create



CONNECT WITH OTHERS

- # Create a list of who your support people are
- # Intentionally organise times to catch up via technology or in person



CONNECT WITH ENJOYMENT

- # Do something you enjoy which could be a hobby or recreational activities
- # Nurture Vā through spirituality including church, prayer, meditation, mindfulness and nature



CONNECT WITH INFORMATION ABOUT MENTAL HEALTH AND WELLBEING

- # Access reliable information including the Mental Health Talanoa Research and Resources
- # Talk with your support people to share knowledge and information

FOR PROFESSIONAL SUPPORT PLEASE ACCESS



lifeline.org.au
Ph (24/7): 13 11 14



headspace.org.au/eheadspace



kidshelpline.com.au
Ph (24/7): 1800 55 1800

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Pacific Links aur Saadhan



Core Pacific Collective

NSW Council for Pacific Communities/ chair@nswcpc.org.au

Pacific Women's Professional Business Network Inc/ pacificwomenpbn@gmail.com

Pacific Islands Mt Druitt Action Network/ pimdan2770@gmail.com

Social Work, University of Sydney/ jioji.ravulo@sydney.edu.au

Core Pacific Mental Health Group/ Corepacificcollective@gmail.com

COVID-19 HOPE Toolkit & More Resources

NSW Council for Pacific Communities/Core Pacific Collective

Pacific Links

NAME	ORGANISATION	AREA	Contact
Mal Fruean	NSW Council CPC	NSW	chair@nswcpc.org.au
Donina Va'a	PWPBN INC	NSW	pacificwomenpbn@gmail.com
Maherau Arona	PIMDAN	Western Sydney	pimdan2770@gmail.com
Seini Afeaki	CORE Pacific Mental Health	NSW	Corepacificcollective@gmail.com
Prof. Jioji Ravulo	The University of Sydney	NSW	Corepacificcollective@gmail.com
Iqbal Akhtar	Engage and Empower	South West Sydney	support@engageandempower.com.au
Jaithoon Venkateshwar	Fiji Indian Community	Canterbury-Bankstown & Fairfield	Jaithoon.venkateshwar@gmail.com
Seini Taufua	Tongan Community	Cumberland & Parramatta	staufa1983@gmail.com
Rosaline Parker	NDIS	Blacktown & Penrith	rosalina_parker@hotmail.com
Dr Paniani Patu	The Practice Blacktown	Western Sydney	paniani.patu@bigpond.com
David Harris	Church of the Nazarene / Cumberland City Council	Cumberland & Parramatta	David.Harris@cumberland.nsw.gov.au
Bishop Robert P. Eti	Minchinbury Ward	Western Sydney	robert.pale-eli2@justice.nsw.gov.au

Pacific Doctors

Dr Paniani Patu/ Blacktown Doctors & Medical Centre

Blacktown Mega Centre, Shop F1, 14 St Martins Crescent, Blacktown NSW 2148/ (02) 9636 4611

Dr Olataga Alofivae-Doorbinnia/ Powell Street Medical Centre

76-78 Powell St Yagoona, NSW 2199/ (02) 9707 2383

Dr Ofo-Mei-Vaha Niumeitolu/ United Care Medical Centre

27 John Street, Lidcombe/ (02) 96497201

Dr Shervin Prasad/ Penrith Medical Centre

61-79 Henry St, Penrith, NSW 2750/ (02) 4721 8755

Nurturing Vā

RAT Test and COVID-19 Safety <https://www.facebook.com/nswcpc/videos/1041363816646038/> December 16th

Life with COVID19 and OMICRON <https://www.facebook.com/nswcpc/videos/636783360787027/> December 9th

Q & A with Dr Christine Lau <https://www.facebook.com/nswcpc/videos/4511964608882385/> November 25th

Men It's ok to Talk <https://www.facebook.com/nswcpc/videos/1266688453756419/> November 4th

Children and Wellbeing <https://www.facebook.com/nswcpc/videos/2310416442429188> October 21st

Q & A with Dr Jan Fizzell <https://fb.watch/8EuAW3xImF/> October 14th

Well-being Balance <https://fb.watch/8EuHLRX7R8/> October 7th

Pacific Children & learning supports <https://fb.watch/8cPHuidJDJ/> September 23rd

COVID-19 Preparedness and front-line workers stories <https://fb.watch/8cPMz9Sruo/> September 16th

Mental Health <https://fb.watch/8cPQV-zLlt/> September 9th

Health and keeping safe <https://fb.watch/8cPW0FpFDj/> September 2nd

Nurturing Vā with Minister Natalie Ward <https://fb.watch/8cPZFtn5Ti/> August 26th

For more Pacific programs, contact the NSW Council for Pacific Communities

COVID SAFE PLAN

Manage your Health

- * Do a medical checkup/ review/ Telehealth
- * ASK for an electronic prescription
- * Pharmacy home delivery
- * Vital health information to print
- * My Mental and Physical health plan
- * Help if I run out of essentials (food, medication)
- * If one is tested positive, do I isolate at home or elsewhere?
- * Do I have a contact to talk to if anxious or fearful?
- * Social Connectedness - my Connect group
- * Do I have some plans for isolation activities?
- * Coronavirus Helpline **1800020080**, or ask a **Pacific Link**

Living Situation / Ways to protect me

And others at home if we need to isolate from each other

Children

Pets

Financial crisis

Essentials-food, medicine, transport

Work options

* List of current medications. Prepare for at least one month.

* My Connect Lounge (group of family/ friends and social groups)

* List of essential supplies

* Mental/ Physical health wellbeing

Write any notes here:

* Supports for children struggling at school

* Daily routine for the children (breakfast, make the bed, reading, play, learning, creative corner, exercise, prayer quiet time, chores)

* Activities for children

Follow the Life with COVID Protocol

Communication

- * Phone, laptop, or tablet are working
- * Chargers and spares work
- * Internet and extra credit available
- * Go to technology support person

Emergency Numbers

- * My go to list of who to call?
- * Medical emergency 000
- * For COVID-19 symptoms, call doctor or the Coronavirus Helpline 1800 020 080

* Family/ Friend

1. _____

2. _____

* Pet support

* Emergency

* Doctor

* Technology support

* School

* Employer/ Work

* Service NSW

* Telstra/ Vodafone

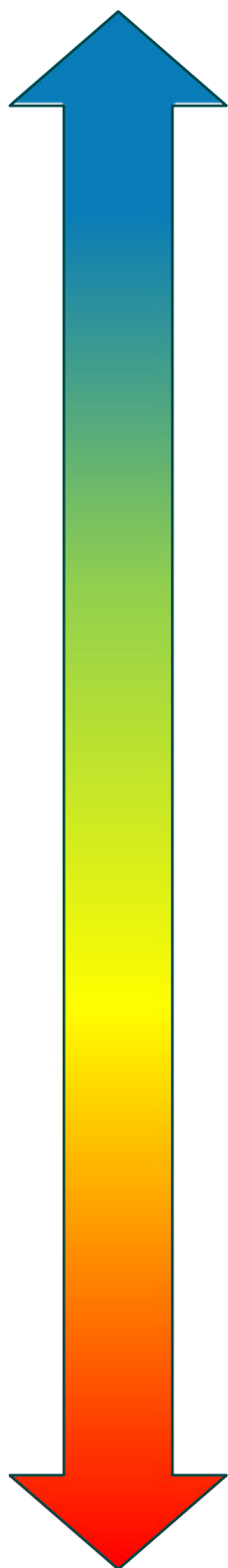
* Electricity

* Local auto repairer

* Pacific Service

* NDIS support

* Other



Effective Management of COVID-19 Most Effective- Least Effective	
Management	Management Measures
Elimination Reduce the chances for COVID-19 to be introduced	Vaccination Isolation
Contingency Find alternative ways of providing care that reduce the potential for transmission.	Physical Distancing Telehealth Remote working Online essentials shopping Stay home
Physical Controls Use physical barriers and other forms of hazard reduction for example: ventilation controls, separation	Ventilation and improved air changes Single room ensuite or No use of common area or Contact Public health for accommodation
Administrative controls Effective and consistent implementation of policies & protocols	Audit and feedback Hand hygiene Cleaning and disinfection COVID-19 HOPE tool kit, posters, calendars, contact list, COVID safe plan
PPE	Correct transmission-based precautions, PPE worn when in contact with symptomatic persons
Adapted from Clinical Excellence Commission COVID-19 Infection Prevention and Control Manual for acute and non-acute healthcare settings	



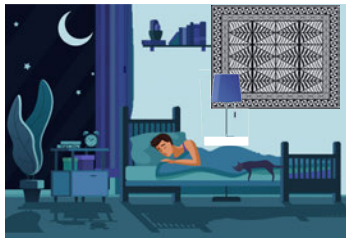
7 WAYS TO INCREASE RESILIENCE AND WELLBEING

Your health is the first step towards living a happy and meaningful life!

- Life with COVID-19 protocols will protect you, maintaining hygiene disciplines, mask protection, social distancing and getting fully vaccinated
- Strengthening your immune system and building resilience can help reduce risks of contracting, spreading, and suffering from COVID-19

1. SLEEP

Sleep 7-9 hours per night. Sleep is when your body repairs, renews, refreshes, detoxes (especially your main organs and the BRAIN), fat-burns (yes this is a natural intermittent fasting time). Sleep is your body's most important DEFENSE and REBUILD time.



2. HYDRATION

Drink 2-3 litres of water every day.

We need top hydration for top immune function.



3. SUNSHINE AND FRESH AIR

Getting sunlight means you must get outside. Getting safe sunlight helps you build Vitamin D levels which is associated with increased autoimmunity and improved susceptibility to infections.



7. SOCIAL CONNECTION

We are created to socialize with each other.



6. STRESS MANAGEMENT

COVID-19's has increased fear and anxiety for many. Stress can be an instigator of disease and make it difficult to fight against COVID-19. Make sure you are aware of stressors in your life and do things to overcome them.



5. HEALTHY EATING

When you eat the right foods, as nature intended, your food becomes your best medicine.

4. EXERCISE AND MOVEMENT

Regular exercise has a notable protective effect against contracting COVID-19 and, regular exercise appears to slash the risk of severe COVID infections or death from COVID-19 (British Journal of Sports Medicine).

Check with your doctor if you have any health concerns before you start any new program. Small and easy movements daily can improve your health significantly.



CHECK OUT TIPS FOR THE ABOVE METHODS IN THE NEXT PAGE



7 WAYS TO INCREASE RESILIENCE AND WELLBEING – TIPS

1. SLEEP

- i. Go to bed at the same time every night and wake up at the same time every morning so your body can set a natural circadian rhythm. Even on the weekends!
- ii. **Switch off all screens at least 1hr (even 1/2hr helps) before you go to bed. Dim all your house lights at sundown.**
- iii. Stop caffeine 8 hours before bedtime and avoid alcohol before bed – one of the worst sleep disruptors that affects the brain.
- iv. Have a 20–30 minute bedtime routine that includes a wind-down like a hot shower, meditation, prayer, journaling, a 10 min Yoga stretch routine works, reading books.
- v. Get 5 mins of morning sunlight on your face – this kick starts melatonin production that helps you fall asleep at night.

2. HYDRATION

- i. **Drink 2 glasses water as soon as you wake up – flush out all the toxins from your overnight cellular detox – give your body a wash from the inside.**
- ii. Always have a water bottle with you – Make sure it is a good quality bottle (not plastic if possible).
- iii. Drink about half your body weight in water e.g. if you weigh 60kg, drink 3 litres of water (3,000mils).

3. SUNSHINE AND FRESH AIR

- i. **Get 5 mins morning sunlight on your face – have your morning wake up water/coffee sitting in the backyard on the balcony – in the sun.**
- ii. Get outdoors in the sun, go for walks, do gardening, go to the beach and take in the fresh air.

4. EXERCISE AND MOVEMENT

- i. Do at least 20–30 mins of planned movement each day (this can be a fitness class, a gym session, yoga, or even a simple walk).
- ii. Get an exercise buddy and set a goal of exercising together.
- iii. **Take exercise snacks throughout the day. E.g. do 5 minutes of exercises like Air squats, High Knees, Star jumps, Push-ups, Lunge walking, Yoga, Dancing etc.**
- iv. Build strong muscles – do strength training You can also download a program from the internet – there are many free programs available on YouTube.
- v. Build a strong heart – at least once a week – move so that you are breathing heavy – walk up some stairs or a hill, do some sprints/running, do a dance or HIIT class.
- vi. Find an activity that you love e.g. tennis, fitness class, swimming, hiking, golf, paddle boarding, dancing.

7. SOCIAL CONNECTION

- i. **Stay in contact on a regular basis through phone, Zoom, Skype and where possible picnics and events.**
- ii. Even in your own home, make time to play games with the family (games that are of interest to the children of course).
- iii. **Dinner meals together, device free and have a talanoa session.**

6. STRESS MANAGEMENT

- i. **Daily meditation, yoga, massage, journaling, pray and worship, and quality time with loved ones**
- ii. For instant relief from a stressful moment – drink a glass of water or do 5 mins of movement or do deep breathing exercise (breath in for 5 sec, hold for 5 sec, breathe out for 5 sec, hold for 5 sec and repeat 5 times)
- iii. Our thoughts create our body, every thought affirms or detracts from who we are, learn to self-manage your thoughts and have an affirmation practice
- iv. **Limit exposure to general news sources TV/Radio and social media**
- v. Follow the health tips in this section

5. HEALTHY EATING

- i. **Good portions and healthy proteins (beef, fish, pork, chicken, lamb, shellfish, eggs, cheese) and fats (avocado, olive oil, nuts with loads of fresh vegetables and fruit.**
- ii. **Avoid sugar and sweetened processed foods like donuts, cakes, cookies, ice-cream, coke, sprite etc.**
- iii. Improve gut and cellular health, try fasting. Twice week, fast for 12 hours between your last meal to the next meal. An easy way – eat your last meal at by 7pm, and do not eat again until after 7am the next day.

SVASTH MANN SVASTH DIL (HRIDAY)



Rhiste Nathe (Sambandh)

Apne pariwaar keh sange hansee aur kushi batiye



Jude raho

Apne Local Community groups seh dharmik Pooja paat Sahayog groupo seh milte raho



Samay

Kuch samay nikaliye milne julne keh liye apne (Sambandh) connections keh saath



Kaam

Waha kaam karo jaha aap ko khushi Mile



Hobbies (Shauk)

Naue shauk aur interests (ruchiyaan) kojiye



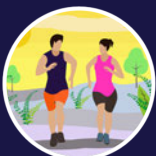
Neend (Sona)

Achi need seh 7- 9 ghante keh liye soyen



Vaastavik Bane raho (Be you!)

Apne aap ko activities aur local organisations meh shameel karo jo aap ko pasand hai



Exercise

Har waqt physical activities karte raho



Reach out

Saheta keh liye kisi ko reach out karna theekh hai. Aap gumnaam (anonymous) se bhi helplines ko contact kar sakte hai



Nutrition (पौष्टिक)

Wholesome nutritious Khana kaheye



Activities

Parivaar keh saath maza kijiye, picnics kijiye



Kudh ka dekhbaal

Tik Tok ho yah to ek selfie hoye, waqt nikalo apne aap keh liye. Fuel hai aap keh liye!



Daya (दया)

Apne aap par daya kijiye



Mafhi (मफ़्ही)

Apne aap ko maaf karna sikho - Koi perfect nahi hai



Device Free

(डिवाइस फ्री)

Kuch time keh liye sareh device koh band karo, jaise ke phone, laptop ho



Engage and Empower

PROMOTING YOUR MENTAL FITNESS
engageandempower.com.au

Lagi's 14 Day Home Fun Activities

TikTok Movie Challenge Adults versus children. Create a 10-minute tik tok movie either dance or song. Showcase after dinner. Winner gets the Tik Tik Oscar award.	Hug in a Mug Give yourself a hug in a mug. Decorate the mug and add all the things that make you happy.	TV Explorer Documentary Explore either the garden, outdoor area or inside your home. Draw 10 living things that make you happy. Do a TV presentation, make sure you have your props!	Mindful Rainbow Walk Walk around your home or in the garden and by looking through the windows or outside, what do you see?	Read I am Lupe or Choose a favourite book Read Then create your own story book. You can use anything, be creative!
Legends & Myths Coco Kids segment to Learn & enjoy. Animated Legends, Coco Kids Cooking, Language Learning games and more! https://www.thecoconet.tv/cocokids/	20 faces Draw 20 faces and fill in the faces with the different types of emotions, start with happy and love.	Time travel Travel back to try a traditional Game taulafoga (Samoan), fagogo-Storytelling of Myths and Legends (Samoan), Hiko and Heu (Tongan), Hand game (Maori), Pani (Fiji-indian) (See Pacific Resources for Links)	Visit MUSEUM Take a virtual tour of the museum. Write a story or draw images of what you loved the most. See "Virtual tours of Australia's top cultural experiences - Tourism Australia" : https://www.australia.com/en/things-to-do/arts-and-culture/virtual-tours-of-australias-top-cultural-experiences.html	Dress Ups Get a whole heap of adult funky clothes. Now create your own styles and prepare for your own little family runway. Great for an after-dinner family activity.
Photobooth Set up a GIF/Photo Booth Grab some costumes, makeup, props, and get ready to have a blast. Feel like your photoshoot needs more? Create your own props! See "100 at-home activities for kids during self-isolation" : https://www.simplebooth.com/blog/100-at-home-activities-for-kids-during-self-isolation/	Family fun Dance-off Help your kids choose a song Create a dance to go along with it. Then, dance it out! Alternately, challenge your kids to freestyle and get as silly as possible. Let loose and have fun.		Indoor treasure hunt Use anything you have lying around to act as "treasure". Alternatively, you can use our Lolipop Emoji characters (if you have some Lolipops) and hide them! Self isolation kids activities: 100+ things to do at home #31DaysOfLearning (kiddycharts.com)	Kids Activity Stations Let the children choose! Set up 6 stations around the house with a different activity at each station. Then, see how many circuits you and your kids can do in 10 minutes. Here are some activity station ideas: Jumping jacks, Squats Pushups, Planks Hula hoop, Hop on one leg, Frog jumps.

Traditional Games

- * Hiko and Heu www.healthyfamiliesouthauckland.nz/revitalizing-traditional-tongan-games-hiko-heu/
- * Maori Hand Game Tutorial www.youtube.com/watch?v=-wXCm7HfXwE
- * Taulafoga www.traditionalsports.org/traditional-sports/australia-oceania-pacific/taulafoga-samoa.html
- * Pani Fiji Fun www.churchofjesuschrist.org/study/friend/1974/03/fiji-fun?lang=eng

Hardam pooche jane wale sawaal aur jawaab



- ❖ **COVID-19 kya hai?** Ek bemari jo SAR_COV-2 virus se hota hai. Zada log 2 to 3 hafte me achha ho jaata hai lekin kuch logo ko post COVID conditions hota hai. POST COVID- conditions naya, lautne wali chal rahi (ongoing) swasth samasya hai. Kuch log 4 weeks se zada 1st infection ke baad yeh problems mahsus karte hai. Vaccines COVID ke Khilaf surakshit (safe) aur effective hai.
- ❖ **COVID-19 kaise faile hai?** 3 raste se faile hai, agar aap saas leta hai aur koi vakti jisko COVID-19 hai aapke nazdeek me hai. Chota droplets aur particles jisme virus rahe aapke aankhi, naakh or muh me gir gawe, jada kar ke jab koi khaseh yah cheekhhe hai. Apan aankhi, naakh, muh chuheh se jeesme virus baita hai.
- ❖ **Kya Bacho ko risk hai?** Bhache bhimar ho sakta COVID-19 se Jada bacho ko bahoot halka (mild) symptoms rah yah to bilkul nahi hai. ("asymptomatic"). Bahoot kam ladkan bimari hois hai COVID-19 agar adults se compare kiya gaye
- ❖ **Mein kab vaccinate ho sakta hu COVID-19 Positive hone ke baad?** Vaccinations aap 6 mahine baad lagai sakta hai. Past infection jo hota hai woh aap ka chances reduce kar dena hai dubara infection hone me kuch samay ke liye. Vaccination me deri karne ke liye koi zaroorat nahi hai. Aap vaccination lagai sakta hai agar aap kafi zada matra me immunocompromised ho. Naukari shuru karne se pahle ek employment requirement hai. Un logo ko jeene labhi arsa se symptoms hai COVID-19 ke, 6 mahine se zada, vaccinate hona chahiye mamla ke adhar peh (case by case basis) apne doctor se baath karo.
- ❖ **Kya daru(sharaab) COVID-19 ko rok sakata hai?** Nahe, sharaab peene se aapko COVID-19 infection se nahin bachata hai.
- ❖ **Kya paanee peene se COVID-19 ko roka ja sakata hai?** Peene ke paanee se hydrate rahana chahiye overall health (swasth) ke liye lakeen yeh coronavirus infection ko nahin rokata hai.
- ❖ **Kya dharm hand sanitiser use karne ki anumati (permit) deta hai?** Quraan dwara beemari ko kam karne ke liye manufactured substance ke anumati (permission) hai, jisame ek medical agent ke roop me use ke jaane wali sharaab bhi shaamil hai.
- ❖ **Kya vitamin aur mineral supplements COVID-19 ko achha karata hain?** Nahi, Micronutrients, jaise ki vitamin D aur C, aur zinc, critical hai kam karne wale immune system ke liye, lein yah COVID-19 ka treatment NAHI hai.
- ❖ **Kya hum masks pahen sakte hai exercise karne ke waqt me?** Exercise karte samay logon ko mask nahin pahanana chahiye, kyon ki mask se aaram se saans lene ke kshamata (ability) kam ho sakti hai. Saath hee, me jab mask theek se pahan jaata nahi hai to yah CO2 nasha ka karan nahin banata hai.
- ❖ **Kya COVID-19 ka ilaaj hai?** NAHI, abhi tak koe ilaaj nahin hai ABHI.
- ❖ **Kya methanol, ethenol ya bleach COVID-19 ka ilaaj karata hain?** Nahin, yah jahar (poison) hai. Jahar peene se disability aur mrtu ho sakti hai.
- ❖ **Visheshagy (experts) alag-alag advice kyon deta hain?** Jokhim (risks) badal sakate hain, aur yah us samay ka sab se achha evidence hai.
- ❖ **COVID-19- ke liye testing karwana kaisa hota hai?** Ek vakti aapki naak aur gale se swaab lene ke liye cotton bud use karega, yah thoda asahaj (uncomfortable) hota hai, yeh vyakti aapko kuchh questions puchne ke baad bataega ki aap kaha gaye the aur aap ka lakshan kya hai. aap apne results ko kisi aur pate par bhejane ke lie bol sakate hain.
- ❖ **Booster ki zarurat kyon hai?** Adhyayanon (Studies) se pata chalta hai ki COVID-19 dwara banae gaye immunity samay ke saath kam hone lagata hai. Booster shot aapake immune system ko majboot karta hai aur high level protection bimari se banae rakhane me madad karata hai.
- ❖ **Booster kisko lag sakta?** Jo log 18 saal umr aur upar ke hai unko booster lag sakta hai, isme who log shamil hai jinhun dusara dose lag chuka hai COVID-19 ka vaccine pichle 6 mahine aur jada. Jeen logo ka immunocompromised hai unko teesra dose COVID-19 vaccine lag chuka hai, unhe 4th dose booster recommended nahi hai.
- ❖ **Kyon 12-17 umr ke logo ko booster shot ki approval nahi mila hai, kyon nahin hain jab ye vaccine lagawa sakate hain?** Vartamaan (currently) 18 varsh se kam age wale ke liye booster lagwana recommended nahi hai. Es aayug me, gambheer COVID-19 nahi hota hai. Jo pahela COVID-19 vaccine hai kafi strong immune response deta hai. Jada vaccine lene se faida thoda hi hai. Es age group ke liye abhi kafi kam data hai repeated mRNA vaccine doses ke bare me

Madath ke liye Contacts



General Information & Support	Mental Health and Domestic Violence support
<p>Emergency 000</p> <p>Health Direct 1800 022 222</p> <p>National Coronavirus Helpline 1800 020 080</p> <p>Disability Information Helpline 1800 643 787</p> <p>Service NSW: 13 77 88</p> <p>National Relay Service 1800 555 660, hearing, deaf, blind or speech impairment</p> <p>Police Assistance Line 131 444</p> <p>Centrelink 136240</p> <p>Medicare 132 011</p> <p>Parents & Children</p> <p>Kids Helpline 1800 55 1800</p> <p>Karitane 1300 227 464 (02) 9794 2350</p> <p>Parent Line NSW 1300 1300 52</p> <p>SMS4dads info@sms4dads.com.au 02 4921 6401</p> <p>PANDA National Helpline 1300 726 306</p> <p>Child Protection Helpline 132 111</p>	<p>NSW Mental Health Line 1800 011 511</p> <p>Coronavirus Mental Wellbeing Support Service 1800 512 348</p> <p>Beyond Blue Helpline 1800 512 348</p> <p>Lifeline 13 11 14</p> <p>Primary & Community Care Services New Access 02 9477 8700</p> <p>Butterfly Foundation 1800 334 673</p> <p>MindSpot 1800 61 44 34</p> <p>MensLine Australia 1300 78 99 78</p> <p>Kids Helpline 1800 55 1800</p> <p>Suicide Call Back Service 1300 659 467</p> <p>Beyond Blue 1300 224 636</p> <p>Headspace 1800 650 890</p> <p>Men's Referral Service 1300 766 491</p> <p>Link2home (Homeless/ Family/Domestic Violence) 1800152152</p> <p>Linking Hearts Multicultural Service 0412 549 524/ 02 9786 4404</p> <p>National Sexual Assault, Domestic Family Violence Counselling Service 1800 737 732</p> <p>NSW Poisons Information Centre 13 11 26</p> <p>NSW Rape Crisis Centre (02) 9819 7357 or 24/7</p> <p>Counselling 1800 424 017</p> <p>Surgery Access Line 1800 053 456</p> <p>Victims Access Line 1800 633 063</p>
LGBTQI + families	Seniors
<p>ACON 1800 063 060 02 9206 2114</p> <p>Olife 1800 184 527 Open 3pm to midnight</p> <p>Rainbow Families +61 (0)481 565 958</p>	<p>Dementia Support Australia 1800 699 799</p> <p>NSW Elder Abuse Helpline 1800 628 221</p> <p>Dementia Australia 1800 100 500</p>
Young people	
<p>WSU acknowledges that the key aspect to any support for mental health and wellbeing is positive engagement and supportive interpersonal relationships with others.</p> <p>https://www.westernsydney.edu.au/wellbeing_mentalhealth/wbmh</p> <p>https://www.eheadspace.org.au/assets/Uploads/Centres/Mildura/hM-eResources-and-Apps.pdf</p> <p>Top Apps for Young people in care</p> <p>https://create.org.au/top-apps-for-young-people-in-care/</p> <p>Wellbeing tools for students - Beyond Blue</p> <p>https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-students</p> <p>10 Mental health Apps</p> <p>https://headspace.org.au/headspace-centres/lake-haven/10-mental-health-apps/</p> <p>Filled with goodness for mums of older children.</p> <p>https://www.mumlyfe.com.au/</p> <p>Mental health matters</p> <p>https://www.wesleymission.org.au/get-involved/activity/mental-health-matters/</p> <p>Aroha chat - A chatbot for young people to help them manage their worries during the COVID-19 pandemic. Age group: 13–24 years old</p> <p>https://portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial</p> <p>Le Va (NZ based - however extremely informative, innovative, and engaging for young people)</p> <p>https://www.leva.co.nz/</p>	

Disability

COVID-19 Information	<p>Disability Gateway 1800 643 787</p> <p>National Relay Service to access any of the department's contact phone numbers. 1300 555 727</p> <p>National Coronavirus Helpline 1800 020 080 Translating and Interpreting Service (TIS National) 131 450</p> <p>https://www.health.nsw.gov.au/disability/covid-19/Pages/default.aspx</p> <p>https://www.nsw.gov.au/covid-19/stay-safe/protecting/advice-high-risk-groups/disability</p>
Providers unable to get sufficient PPE	Email: MOH-NDIS@health.nsw.gov.au
Making it Simple to Share Important Information - People with Disability	https://www.health.nsw.gov.au/Infectious/covid-19/communities-of-practice/Pages/guide-people-with-disability.aspx
Information and referrals for people with disability and supporters about coronavirus (COVID-19) EASY READ	https://www.dss.gov.au/disability-and-carers/information-and-referrals-for-people-with-disability-and-their-supporters-about-coronavirus-covid-19
Updated guidance for residential disability care facility providers/ in-home care service provider	https://www.health.nsw.gov.au/Infectious/covid-19/Pages/disability-support.aspx
Guidance for home care service providers	https://www.health.nsw.gov.au/Infectious/covid-19/Documents/home-care-service-providers.pdf
Resources for Carers	https://www.nsw.gov.au/covid-19/stay-safe/protecting/advice-high-risk-groups/disability#resources-for-carers
COVID-19 Health Professionals Disability Advisory Service	https://www.health.gov.au/contacts/covid-19-health-professionals-disability-advisory-service

TVH Support

MUSLIM WOMEN AUSTRALIA	<p>Website: www.mwn.org.au</p> <p>Phone: 02 9750 6916 / After hours: 0412 549 524</p> <p>info@mwa.org.au</p>
COMMUNITY MIGRANT RESOURCE CENTRE	<p>Paramatta office</p> <p>Level 4, 1 Horwood Place</p> <p>Parramatta, NSW 2150</p> <p>(02) 9687 9901</p> <p>cmrc_admin@cmrc.com.au</p>
SYDWEST MULTICUTURAL SERVICES	<p>Level 2, 125 Main Street</p> <p>Blacktown NSW 2148</p> <p>(02) 9621 6633</p> <p>(02) 9831 5625</p> <p>info@sydwestms.org.au</p>
SOUTHWEST MULTICULTURAL AND COMMUNITY CENTRE	<p>Website: www.swmacc.org.au</p> <p>(02) 9603 2500</p> <p>040 728 1245</p> <p>mal.frueam@swmacc.org.au</p>



Latest on COVID-19	https://www.nsw.gov.au/covid-19
COVID Safe	https://www.nsw.gov.au/covid-19/stay-safe
COVID-19 rules	https://www.nsw.gov.au/covid-19/stay-safe/rules
Vaccination Booster Vaccination Vaccine finder	COVID-19 vaccination in NSW NSW Government https://www.nsw.gov.au/covid-19/vaccination https://www.health.nsw.gov.au/Infectious/covid-19/vaccine/Pages/booster.aspx Vaccines Clinic Finder (healthdirect.gov.au) https://covid-vaccine.healthdirect.gov.au/eligibility?lang=en
Testing Clinic	COVID-19 testing clinics NSW Government https://www.nsw.gov.au/covid-19/stay-safe/testing/clinics
COVID-19 Data	COVID-19 data and statistics NSW Government https://www.nsw.gov.au/covid-19/stay-safe/data-and-statistics#toc-map-of-nsw-vaccinations-by-home-postcode-and-lga
COVID-19 support	https://www.nsw.gov.au/covid-19/support
Travel and Quarantine	https://www.nsw.gov.au/covid-19/travel-restrictions https://www.nsw.gov.au/covid-19/travel-restrictions/quarantine
Weekly surveillance	COVID-19 weekly surveillance reports - COVID-19 (Coronavirus) (nsw.gov.au) https://www.health.nsw.gov.au/Infectious/covid-19/Pages/weekly-reports.aspx
Special Health Accommodation	Public Health Unit https://www.health.nsw.gov.au/infectious/pages/phus.aspx
Guidelines and factsheets	COVID-19 guidelines and fact sheets - COVID-19 (Coronavirus) (nsw.gov.au) https://www.health.nsw.gov.au/Infectious/covid-19/Pages/isolation-guidelines.aspx
Seniors	COVID-19: Advice for aged care services - COVID-19 (Coronavirus) (nsw.gov.au) https://www.health.nsw.gov.au/Infectious/covid-19/Pages/aged-care.aspx https://www.nsw.gov.au/living-in-nsw/government-services/seniors https://www.myagedcare.gov.au/help-at-home
Translated Resources NSW Health Video Messages Department of Home Affairs	https://www.health.nsw.gov.au/Infectious/covid-19/Pages/resources.aspx https://www.health.nsw.gov.au/Infectious/covid-19/Pages/languages.aspx Fijian resources: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/translated/fijian.aspx Fijian Hindi: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/translated/fijian-hindi.aspx Samoan: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/translated/Samoan.aspx Tongan: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/translated/Tongan.aspx https://covid19inlanguage.homeaffairs.gov.au/
COVID-19 Easy Read resources	https://www.health.gov.au/resources/collections/coronavirus-covid-19-easy-read-resources
Providing Healthcare Remotely	https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-advice-for-the-health-and-disability-sector/providing-health-care-remotely-during-covid-19#tele-health-services-further
Emerging Minds Covid-19 toolkit	https://emergingminds.com.au/resources/toolkits/parents-carers-and-families-toolkit/covid-19/
Mothersafe	https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics/directory/mothersafe
People not fully Vaccinated	https://www.nsw.gov.au/covid-19/business/covid-safe-business/vaccination-rules#toc-people-who-are-not-fully-vaccinated
Public hospital or health service	https://www.health.nsw.gov.au/hospitals/pages/default.aspx
Mental health services/support	https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx
Rainbow Families	Rainbow Families connects, supports and empowers LGBTQI+ families. https://www.rainbowfamilies.com.au/contact_us
Grief	https://coronavirus.beyondblue.org.au/Managing-my-daily-life/coping-with-grief-and-loss https://www.beyondblue.org.au/get-support/newaccess

NSW Health COVID-19 Self-isolation Guideline and Support

Self-isolation is a vital way to stop the spread of COVID-19. People who test positive to COVID-19 on a rapid antigen test or PCR test and their household contacts must self-isolate for 7 days.

This guideline helps explain the current **Public Health (COVID-19 Self-isolation) Order**

(<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/public-health-orders.aspx#isolation>) and should be read in conjunction with the fact sheets:

- **Testing positive to COVID-19 and managing COVID-19 safely at home** (<https://www.nsw.gov.au/covid-19/management/advice-for-confirmed>)
- **Information for people exposed to COVID-19** (<https://www.nsw.gov.au/covid-19/management/advice-for-confirmed>)

What is self-isolation? Self-isolation is when you stay in your home or accommodation away from other people.

Self-isolation means:

- not going to work or school
- not going to any public places (for example shops, parks, beaches)
- not using public transport
- not having any visitors in your home, unless they are providing healthcare, emergency maintenance or emergency services

You are only allowed to leave self-isolation to:

- get a COVID-19 test, seek urgent medical care, avoid an emergency

How do I self-isolate from my household? If you live with other people, you should stay separated from them during your self-isolation period.

Physically distance:

- stay and sleep in a separate room
- use a separate bathroom if available, or clean a shared bathroom after use
- do not be in the same room as another person (even if they are also in isolation)
- not using public transport
- do not share household items including dishes, cups, bedding. After using, wash them thoroughly with soap

Practice good hygiene:

- Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer before entering an area where other people may go, before touching things used by other people, after using the bathroom, after coughing or sneezing, before putting on and after removing face masks, before eating or drinking
- Cover coughs and sneezes
- Regularly clean surfaces (such as tabletops, doorknobs and bathroom fixtures) with household disinfectant.
- Wear a mask in shared areas or when caring for other members of your household
- Take extra care to remain separate from any members of your household who are elderly, immunocompromised or have medical conditions

What if I need to travel home? Travel in a private vehicle, cycle or walk, or use a taxi or ride share service. Do not use public transport or fly. You should wear a face mask and stay 1.5 metres away from other people.

When travelling by vehicle with others, sit in the back seat with the windows open, all wear a face mask that covers your nose and mouth at all times, sanitize your hands before you get into the vehicle.

What if I have shared care arrangements? Moving between households, even for shared caring arrangements, is not recommended.

What support is available while I am in self-isolation? If you have questions about self-isolation contact NSW Health Isolation Support Line on 1800 943 553 or call Service NSW on 13 77 88.

Food and other essential supplies

If you need food or other essential supplies (such as medication) during self-isolation:

- Ask family or friends to pick up supplies as needed and leave them at your door
- Order supplies online
- If you have no other way of obtaining food or other essentials call the NSW Health Isolation Support Line on 1800 943 553

NSW Health website for the latest advice: <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/default.aspx>

Help in your language: For free help in your language, call the Interpreter Service on 13 14 50.

Information for People Exposed to COVID-19

How will I know if I have been exposed to COVID-19?

- NSW Health is focusing on contacting people at highest risk of catching/contracting COVID-19. You may not receive a text message or call from NSW Health after being exposed to a person with COVID-19
- We ask people with COVID-19 to tell the people they have spent time with from the 2 days before they started having symptoms or 2 days before they tested positive (whichever came first) that they have COVID-19
- If you are told by someone that you have been in contact with a person with COVID-19, get tested and isolate

Who is at risk of getting infected?

The risk of infection with COVID-19 increases:

- with the amount of time, you spend with someone who has COVID-19 and how closely you interacted with them
- when you are indoors (the risk is lower if you are outdoors)
- when you do not wear a mask (the risk is much lower if the person you are with also wears a mask)

Vaccination decreases the risk of getting COVID-19, but this protection reduces over time and can be less effective against certain variants of COVID-19, such as Omicron. Booster doses significantly helps to increase this protection, including for the Omicron variant. Vaccination is also important in protecting against severe disease. Everyone should get their booster as soon as they are eligible.

To book your COVID-19 vaccination please visit the **COVID-19 Vaccine Clinic Finder**:

<https://www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-clinic-finder>

How long am I at risk for? After being exposed to someone with COVID-19 you are at risk of getting it for 14 days.

What should I do if I have been exposed to someone who has COVID-19?

About you	Risk of COVID-19	What do I need to do?
I live with someone who has COVID-19 (I am a household contact) For more information, see <i>Getting a COVID-19 Test</i>.	High	Follow the Self-isolation guideline : https://www.health.nsw.gov.au/Infectious/factsheets/Pages/self-isolation-covid-and-close.aspx and self-isolate for 7 days from day you were in contact with the COVID-positive person. Do a rapid antigen test (RAT) immediately and again on Day 6. Do another RAT if you develop symptoms. If negative, you can leave isolation after 7 days. If positive, continue isolation and follow the Testing positive to COVID-19 and managing COVID-19 safely at home advice: https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx Do not visit high-risk settings (healthcare, aged care, disability care etc) for the next 7 days after leaving isolation.
I spent a long time with someone who has COVID-19 for example I stayed overnight at their house, or I spent the evening indoors at the house OR Interacted closely with someone who has COVID-19 with no masks (for example drove a long distance together, looked after children who are now positive).	High	As above
I spent some time with a person who has COVID-19 (for example we had dinner together or met at a pub, club or other social function)	Moderate	Do a rapid antigen test (RAT) immediately and again on Day 6. Do another RAT if you develop symptoms. If you get a positive result, you should continue your isolation and follow the Testing positive to COVID-19 and managing COVID-19 safely at home advice: https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx
I had brief or contact with a person with COVID-19 (for example I dropped off shopping, or we went for a walk outdoors), OR received a case alert in the Service NSW App.	Low	If symptoms occur, have a rapid antigen test (RAT) immediately. If your RAT is negative, self-isolate and do another RAT in 24 hours, or get a PCR test and self-isolate while you wait for your result. If your second test is negative, stay in isolation until your symptoms have gone. If you get a positive result, you should continue your isolation and follow the Testing positive to COVID-19 and managing COVID-19 safely at home advice: https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx



PAYMENT

You may get a payment from Centrelink if you or your family are affected by coronavirus (COVID-19). Visit or call a service centre.

If you need ongoing financial help, you may be able to get a payment such as:

- ✓ JobSeeker Payment
- ✓ Youth Allowance
- ✓ Parenting Payment
- ✓ If you're eligible for a payment from us and are in severe financial hardship

Gather Documents

- ✓ Prove your identity documents
 - ✓ Report your income
- Some payments have income reporting requirements.

State or territory pandemic payment

There may be a state or territory pandemic payment available if you've been affected by coronavirus (COVID-19).

- ✓ Claim a payment
- Complete the steps to claim a payment due to coronavirus - see the following link for further assistance:

<https://www.nsw.gov.au/covid-19/support/support-package/renters>

LEGAL AND TENANCY SUPPORT

- ✓ Community Legal Centres NSW offers free legal assistance
- ✓ LawAccess NSW on 1300 888 529 for a free telephone service, with legal information, referrals
- ✓ Tenants' Advice and Advocacy Services for free advice and advocacy for tenants in NSW

- ✓ Aboriginal Tenants Advice and Advocacy Service for information, advice, advocacy and representation services for Aboriginal tenants in NSW
- ✓ NSW Civil and Administrative Tribunal for resolving tenancy disputes
- ✓ NSW Fair Trading to make a residential tenancy complaint

FINANCIAL COUNSELLING SERVICES

- ✓ Provides free financial counselling by accredited counsellors

- ✓ See Resources for List of Financial Counselling services across NSW

TEMPORARY VISA HOLDERS

COVID-19 Emergency Relief Grant for Vulnerable Temporary Visa Holders providing support to those experiencing hardship due to COVID-19 - see Resources for Current List.

For **asylum seekers** (residing in NSW) in crisis during COVID-19 who do not receive assistance from the Commonwealth government, please contact one of the below organisations:

- Asylum Seeker Centre - within Greater Sydney Metro
- Jesuit Refugee Services - within Greater Sydney Metro
- House of Welcome - within Greater Sydney Metro
- Settlement Services International - within Greater Sydney Metro
- The Salvation Army - focusing on regional NSW areas (including Cooma, Narrabri and Newcastle)
- Australian Red Cross Society - focusing on regional NSW areas (Griffith, Leeton, Wagga Wagga, Albury, Deniliquin and Tumut)

eRESOURCES

<https://disasterassistance.service.nsw.gov.au/covid>

<https://www.service.nsw.gov.au/covid-19/financial-support-individuals-and-households>

<https://www.servicesaustralia.gov.au/individuals/subjects/getting-help-during-coronavirus-covid-19/if-you-need-payment>

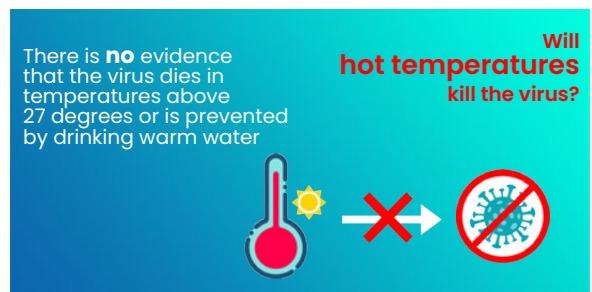
<https://www.dpi.nsw.gov.au/home/covid-19/managing-primary-production-workforce/covid-19-q-and-a-new-measures-for-temporary-visa-holders>

Financial Counselling Services (Current 2021)

Financial Counselling Service	Address	Phone	Areas Covered
Salvation Army Moneycare South Western Sydney Financial Counselling Service	2 Peppermint Road MACQUARIE FIELDS NSW 2564 51-55 Memorial Avenue LIVERPOOL NSW2170	02 9633 5011	Bankstown, Fairfield, Liverpool, Campbelltown, Camden, Wollondilly
Salvation Army Moneycare Southern Sydney Financial Counselling Service	23 Dalcassia Street HURSTVILLE NSW 2220	02 9585 2030	Rockdale, Kogarah, Hurstville, Sutherland
Salvation Army Moneycare Western Sydney Financial Counselling Service	95 Philip Street PARRAMATTA NSW 2150	02 9633 5011	Auburn, Parramatta, Holroyd, Blacktown, Penrith, Blue Mountains
Wesley Mission Credit Line Financial Counselling Services North Western	Unit 437, 14 Lexington Drive BELLA VISTA NSW 2153	02 4725 9200	Ryde, Ku-ring-gai, Hornsby, Baulkham Hills, Hawkesbury
CatholicCare Diocese of Broken Bay Northern Sydney Financial Counselling	Narremburn Family Centre40 Merrenburn Ave, NARENBURN NSW 2065	02 8425 8700	Hunter's Hill, Lane Cove, North Sydney, Mosman, Manly, Willoughby, Warringah, Pittwater
Inner Western Sydney Financial Counselling Service	Ashfield Community Hub Suite 1, 206 Liverpool Road ASHFIELD NSW 2131	02 9789 3744	Canterbury, Marrickville, Ashfield, Leichhardt, Canada Bay, Strathfield, Burwood
Wesley Mission Credit Line Financial Counselling Services Inner Sydney	Level 3, 220 Pitt Street SYDNEY NSW 2000	02 9263 5577	Sydney City, Botany Bay, Woollahra, Waverley, Randwick
Far North Coast Region Financial Counselling Network	Suite 2, Level 1, 114 Keen Street LISMORE NSW 2480	02 6622 2171	Tweed, Lismore, Byron, Ballina Richmond Valley, Clarence, Valley, Kyogle
Mid North Coast Region Financial Counselling Service	Kemp Street KEMPSEY NSW 2440	02 6562 8300	Coffs Harbour, Bellingen, Nambucca, Kempsey, Hastings, Greater Taree, Grafton
Lower/ Upper Hunter Region Financial Counselling Service	Community Centre Arthur Street RUTHERFORD NSW 2320	02 4932 9777	Greater Lakes, Dungog, Port Stephens, Newcastle, Lake Macquarie, Cessnock, Maitland Gloucester, Upper Hunter, Liverpool Plains, Muswellbrook, Singleton
Central Coast Region Financial Counselling Service	2 Pandala Road NARARA NSW 2250	02 4329 4477	Wyong, Gosford
Illawarra Region Financial Counselling Service	7 Greene Street WARRAWONG NSW 2502	02 4276 1939	Wollongong, Shellharbour, Kiama, Shoalhaven
Far South Coast Region Financial Counselling Service	Unit 3, 24-26 Ford Street MORUYA NSW 2537	02 4474 0891	Eurobodalla, Bega Valley, Cooma-Monaro, Bombala
Anglicare Riverina Lower South Western Regional Financial Counselling Service	6 Church Street WAGGA WAGGA NSW 2650	02 6937 1555	Snowy River, Tumut, Tumbarumba, Gundagai, Harden, Cootamundra, Junee, Temora, Coolamon, Wagga Wagga, Greater Hume, Albury, Corowa, Urana, Lockhart
The Salvation Army Moneycare Goulburn Region Financial Counselling Service	6 Hovell Street GOULBURN NSW 2580	02 6247 1340	Wingecarribee, Goulburn- Mulwaree, Pelerang, Queanbeyan, Upper Lachlan, Yass Valley
The Salvation Army Moneycare Murray Region Financial Counselling Service	1740 Brobenah Street LEETON NSW 2705	02 6247 1340	Murray, Berrigan, Wakool, Deniliquin, Conargo, Jerilderie, Narranderra, Leeton, Murrumbidgee, Hay, Carrathool, Griffith
Lifeline Dubbo/Mid West Region Financial Counselling Service	293a Stewart Street BATHURSTNSW 2795	02 6331 7334	Mid-Western, Wellington, Dubbo, Narromine, Warren, Coonamble, Gilgandra, Warrumbungle
Lifeline Central West Region Financial Counselling Service	293a Stewart Street BATHURSTNSW 2795	02 6331 7334	Lithgow, Oberon, Bathurst, Orange, Blayney, - Boorowa, Cowra, Cabonne
Centacare Forbes and Parkes Region Financial Counselling Service	134 Lachlan Street FORBES NSW 2871	02 6889 4932	Young, Weddington, Forbes, Parkes, Lachlan, Bland
Lifeline Broken Hill Region Financial Counselling Service	194 Argent Street BROKEN HILLNSW 2880	08 8087 7525	Broken Hill, Unincorporated Far West, Central Darling, Wentworth, Balranald
Centacare Far West Region Financial	20 Richard Street BOURKE NSW 2795	02 6889 4932	Bourke, Cobar, Brewarrina, Bogan, Walgett
The Salvation Army Moneycare Tamworth/Northern Plains Region Financial Counselling Service	328 Goonoo Goonoo Road TAMWORTH NSW 2340	6771 4010	Moree Plains, Narrabri, Gunnedah, Gwydir, Inverell, Uralla, Tamworth/ Walcha, Armidale-Dumaresque, Guyra, Glen Innes, Tenterfield

Box 1: People with the following immunocompromising conditions and therapies for which a 3rd primary dose is recommended

- TALK TO YOUR DOCTOR
- Active haematological malignancy
- Non-haematological malignancy with current active treatment including chemotherapy, radiotherapy, and/or hormonal therapy, but excluding immunotherapy with immune checkpoint inhibitors
- Solid organ transplant with immunosuppressive therapy
- Haematopoietic stem cell transplant (HSCT) recipients or chimeric antigen receptor T-cell (CAR-T) therapy within 2 years of transplantation
 - These patients require **revaccination with 3 additional doses** of COVID-19 vaccine, irrespective of doses given prior to transplantation, commencing generally ≥ 3 –6 months after their transplant after discussion with their treating specialist
 - Those beyond 2 years from transplant should discuss with their treating specialist about the need for a 3rd dose
- Immunosuppressive therapies including:
 - High dose corticosteroid treatment equivalent to $>20\text{mg/day}$ of prednisone for ≥ 14 days in a month, or pulse corticosteroid therapy
 - Multiple immunosuppressants where the cumulative effect is considered to be severely immunosuppressive
 - Selected conventional synthetic disease-modifying anti-rheumatic drugs (csDMARDs):
 - including mycophenolate, methotrexate ($>0.4\text{ mg/kg/week}$), leflunomide, azathioprine ($>3\text{mg/kg/day}$), 6-mercaptopurine ($>1.5\text{ mg/kg/day}$), alkylating agents (e.g. cyclophosphamide), and systemic calcineurin inhibitors (e.g. cyclosporin, tacrolimus)
 - excluding hydroxychloroquine or sulfasalazine when used as monotherapy
 - Biologic and targeted therapies anticipated to reduce the immune response to COVID-19 vaccine:
 - including B cell depleting agents (e.g. anti-CD20 monoclonal antibodies, BTK inhibitors, fingolimod), anti-CD52 monoclonal antibodies (alemtuzumab), anti-complement antibodies (e.g. eculizumab), anti-thymocyte globulin (ATG) and abatacept
 - excluding agents with likely minimal effect on vaccine response such as immune checkpoint inhibitors, anti-integrins, anti-TNF- α , anti-IL1, anti-IL6, anti-IL17, anti-IL4 and anti-IL23 antibodies
- Primary immunodeficiency including combined immunodeficiency and syndromes, major antibody deficiency (e.g., CVID or agammaglobulinemia), defects of innate immunity (including phagocytic cells), defects of immune regulation, complement deficiencies and phenocopies of primary immunodeficiencies.
- Advanced or untreated HIV with CD4 counts $<250/\mu\text{L}$ or those with a higher CD4 count unable to be established on effective antiretroviral therapy
 - a 3rd primary dose isn't required for those living with HIV, receiving ART with CD4 counts $\geq 250/\mu\text{L}$ Long term haemodialysis or peritoneal dialysis



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<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx>

<https://www.hopkinsmedicine.org/coronavirus/covid-19-vaccine/>

COVID-19 advice for people with disability

Links to information and resources for people with disability and carers about COVID-19 (coronavirus).

<https://www.nsw.gov.au/covid-19/stay-safe/protecting/advice-high-risk-groups/disability>

COVID-19 and Stigma

<https://publichealth.jhu.edu/2021/covid-19-and-stigma>

COVID-19 Economic Recovery Strategy/ A brighter future for NSW

<https://www.nsw.gov.au/covid-19/economic-recovery-strategy>

COVID-19 Personal Preparedness: Infographic

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid19-personal-preparedness-infographic>

COVID-19 vaccination – What is the COVID-19 vaccine? – Easy Read | Australian Government Department of Health

People with COVID19 symptoms – Fact sheets ([nsw.gov.au](https://www.health.nsw.gov.au/Infectious/covid-19/Pages/isolation-guidelines.aspx))

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/isolation-guidelines.aspx>

COVID-19 vaccination in NSW | NSW Government

<https://www.nsw.gov.au/covid-19/vaccination>

<https://www.nsw.gov.au/covid-19/vaccination/get-vaccinated/boosters>

Vaccines Clinic Finder (healthdirect.gov.au)

Grief and Bereavement

<https://www.yourcovidrecovery.nhs.uk/your-wellbeing/grief-and-bereavement/>

MythBusters

Mythbusters ([who.int](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters))

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Supporting your recovery after COVID-19

<https://www.yourcovidrecovery.nhs.uk/>

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