

# Coronavirus (COVID-19)

## Looking after yourself and connecting with your community




### TRUSTED SOURCES

Every day, health experts discover more about coronavirus. This means advice to the public changes often.

Get the facts from official sources only.

Stay informed without the hype:

 **1800 020 080: COVID-19 hotline**


- [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)
- Download the “Coronavirus Australia” Australian Government app in the [Apple App Store](#) or [Google Play](#)



### LOOKING AFTER YOUR COMMUNITY

Physical distancing doesn't have to mean social isolation.

Here are some ways to stay socially connected:

- Keep in touch by telephone (4 calls per day – family, friend, neighbour, colleague or acquaintance)
- Ask an older person/neighbour if they need help with running errands (groceries, etc.)
-  **137 788** is the Service NSW helpline, which can call vulnerable people each day to check in. You can request calls for yourself or someone you know
- If you don't know your neighbours, consider introducing yourself with a note (name, phone number, address), willing to connect if they want to.



### LOOKING AFTER YOURSELF

Looking after your physical and mental health will help you and your community.

- Proper handwashing and physical distancing help to protect against COVID-19
- Eat healthy meals and do daily exercise to manage your physical and mental health
- If you can, spend time outdoors during the day – it can improve your mood and help you sleep


If you'd like help with your mood, call:

 **1300 120 446: Way2Wellness**

 **13 11 14: Lifeline**

If you feel unwell you can call:

 **1800 022 222 (healthdirect)**, or

 **your doctor**. Many GPs are now having appointments via video call or phone call to keep patients and themselves safe. Make sure you call ahead. The staff will let you know if you need a video, telephone or face-to-face appointment

- Dial triple **zero (000)** in an emergency.



### STAYING AT HOME

- Maintain a routine – and make room in it for things you enjoy
- For people working or studying, set up a workspace for each individual
- Take regular stretch breaks
- Take lunch breaks away from your workspace
- Speak to at least one person from school, work or uni by telephone or video call each day

Find more info and details at  
[snhn.org.au/coronavirus](https://snhn.org.au/coronavirus)

**phn**  
NORTHERN SYDNEY  
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