



# **COVID-19 vaccination program communication toolkit for Aboriginal and/or Torres Strait Islander peoples**

August 2021



# Purpose of this toolkit

COVID-19 is spreading quickly. Getting our mob vaccinated as soon as possible is the best way we can help stop the spread of COVID-19 and protect ourselves, our loved ones and the community.

All Aboriginal and/or Torres Strait Islander people who are 12 years and older are eligible for COVID-19 vaccination.

## Who is this toolkit for?

Health care organisations and staff, community leaders, Elders, Aboriginal and Torres Strait Islander organisations and anyone who wants to help our mob understand the COVID-19 vaccination program and why it is an important part of our defence against the virus. People in your community may look to you for information.

The toolkit contains COVID-19 communications materials (including for your website, newsletters, social media channels and printed resources) to help the community encourage people to take up the free COVID-19 vaccines and stay safe.

## This toolkit is designed to help you:

- communicate current information about the COVID-19 vaccines and the vaccination program
- increase awareness of the current COVID-19 rules in place
- continue to reinforce the importance of practising COVID safe behaviours, even after vaccination.

The toolkit will also help you to work with individuals, Elders and communities to increase understanding that COVID-19 vaccination will help protect our whole mob.

Please contact [MOH-CAH-COVID19@health.nsw.gov.au](mailto:MOH-CAH-COVID19@health.nsw.gov.au) if you have any questions or would like additional collateral to help communicate with your community or network. You can also find Aboriginal communication resources on the [NSW Health](#) website.

Thank you for your support in helping protect mob.



# Tips on how to use the kit

## **There are a number of ways you can help encourage people to be vaccinated including:**

### **Talk about the COVID-19 vaccination program, including how to get vaccinated, at your organisation's meetings:**

- Provide information and key messages about the COVID-19 vaccination at staff meetings and/or community meetings using the key messages. You can also print and distribute the other resources for people to take.

### **Print and share the materials:**

- Put posters and postcards up at local community noticeboards, community store, at your local airport, remote technology centre, at the entrance to your community sports hall, petrol station, etc.
- Distribute brochures at clinics and other relevant locations.

### **Post about COVID-19 vaccination on social media:**

- Social media is a good tool to communicate short, sharp messaging to a wide audience with the opportunity to link to other sources of information or action. You can share posts from the NSW Health pages ([Facebook](#), [Twitter](#), [Instagram](#)) or post your own.
- Use your social media presence to share information about the COVID-19 vaccination. This kit contains various social media videos and tiles you can share. Make sure to share these to online community noticeboards too!

### **Share your story:**

- Let your community know how your organisation supports the COVID-19 vaccination program, and the benefits for our mob. You might like to create a video to share on social media.

### **Share information about the COVID-19 vaccination in your newsletter:**

- Include information in local newsletters to community organisations, service providers and local leaders.

### **Know someone who has missed out?**

- Send this toolkit to individuals and organisations in your industry, sector or community.

# Key messages

## The follow messages can be used in communication material and collateral

### Protect our mob

- We all want to help keep our mob safe from COVID-19. We've done a good job protecting our communities but we need to keep going.
- COVID-19 vaccines help protect mob from getting really sick from COVID-19. It helps to protect our community, Elders, family and friends from the virus.
- All Aboriginal and/or Torres Strait Islander people who are 12 years and older are eligible for COVID-19 vaccination. You can leave your home to get a vaccine even if you are in a lock down area.
- The COVID-19 Delta variant is spreading faster than previous variants of COVID-19 and could hurt our mob. It is strongly recommended to get vaccinated with any available COVID-19 vaccine as soon as you can. We don't want to wait until it's too late, it's important to get the vaccine now, to protect our mob.
- COVID-19 isn't just an older person's disease – many young people are becoming sick. Over 80% of Aboriginal people who now have COVID-19 are under 40 years. Everyone can get COVID-19, even kids.
- We encourage you to talk to your GP, Aboriginal Medical Service or Aboriginal Health Worker about what is best to help protect you. They can provide information about the COVID-19 vaccines, how and when to book your vaccine and what to expect.
- Attending your vaccine appointment is permitted for any areas under stay-at-home orders, unless you are a close or casual contact or you have any COVID-19 symptoms.
- If we all get vaccinated we can better protect our community and stay strong and healthy together.

# Key messages

## How the COVID-19 vaccines work

- All vaccines in Australia undergo testing to make sure they are safe. The COVID-19 vaccines have been tested by the Therapeutic Goods Administration.
- The vaccines have been through a lot of testing to help protect us all quickly from COVID-19. It is an important way to help protect our community from the virus.
- When you get the vaccine, your body has an immune response. It means your body is making antibodies to protect you if you get COVID-19. The vaccine might not stop you getting COVID-19, but it helps stop you from getting really sick if you do. It works in the same way as the flu vaccine.
- Two doses of a COVID-19 vaccine gives you around 90% protection against hospitalisation and death from COVID-19.
- Two doses of a COVID-19 vaccine also reduces the spread of COVID-19 to people around you by about 90%. This is not just about your parents, and Elders... this is about you, your friends, and your community. COVID-19 can affect everyone, of any age, our young people and old.
- All vaccines available in Australia have been reviewed and approved by both national and international medical safety experts. Medical experts across the world and around Australia continue to review the safety information from the billions of doses that have already been given to people from all walks of life.

# Key messages

## What to expect

- You can get the COVID-19 vaccine at Aboriginal Medical Services, GPs, some pharmacies and NSW Health vaccination clinics across the state. There are also walk-in vaccination clinics, offering the COVID-19 AstraZeneca vaccine to people aged 18 years and over, now available in Greater Sydney. Aboriginal and Torres Strait Islander people aged 12 years and over are eligible to receive the COVID-19 Pfizer vaccine too.
- The vaccine needs two needles, given at two different times to work. The Doctor, pharmacist or health clinic will tell you when to get your second dose.
- If you've had your first dose of AstraZeneca, ask your GP to bring your second appointment forward. This will give you better protection sooner.
- After you have the needle, you might feel some side effects. This might include aches and pains. This is what happens when your body builds antibodies against the virus to protect you. You may need to rest for a day or two after you've had the needle.
- You can have the COVID-19 vaccine before or after your flu vaccine. They just need to be 7 days apart.
- The COVID-19 vaccines are free. You don't need a Medicare card if you visit a NSW Health vaccination clinic.
- Contact your local health service to find out where you can get the COVID-19 vaccine or visit [nsw.gov.au](https://nsw.gov.au). You can also call the National Coronavirus COVID-19 Vaccine Helpline on 1800 020 080 24 hours a day, 7 days a week, for assistance.

# Community COVID-19 vaccination resources for Aboriginal and/or Torres Strait Islander peoples

# Community communication: Resources

## Overview

The information, tips and resources can be used to suit the needs of the communities and individuals you are working with, as well as your own activities around promoting the COVID-19 vaccination program.

You will find a range of materials at the following links to help you raise awareness, answer questions and promote the benefits of the COVID-19 vaccination program to our mob. The current resources are:

- Newsletter/website copy
- 'Yarn Up' Q&A session
- Community Champion case study – Professor Kelvin Kong
- Community Champion videos
- Community Champion postcards
- Printed collateral – Brochure, poster, sticker
- Infographic
- Social videos
- Social tiles

# Community communication: newsletter and website copy

## **Don't wait to protect ourselves from COVID-19**

We all want to help keep our mob safe from COVID-19. And so far, we've done a good job protecting our communities. But we need to keep going. COVID-19 is spreading quickly in NSW and could hurt our mob. So, we don't want to wait until it's too late. The COVID-19 vaccines can help protect mob from getting really sick from the virus. It helps protect our community, Elders, family and friends.

## **What to do**

The first dose is the most important dose. Even one dose of vaccine gives good protection against hospital admission and death, however it is important to get both doses. Get your first dose now and schedule your second.

It is strongly recommended Aboriginal people aged 12 years and over get vaccinated as soon as you can. Book today. Don't wait, vaccinate. Protect yourself and your family now. Protect your community now. Speak to your local GP or pharmacist or visit [nsw.gov.au](http://nsw.gov.au) to make a booking.

COVID-19 vaccines are safe, effective and free. It is strongly recommended that you get vaccinated now with the COVID-19 vaccine that is available to you. If you've had your first dose, make sure you get your second at the right time.

Two doses of either COVID-19 vaccine gives you around 90% protection against hospitalisation and death from COVID-19. Two doses reduces the spread by about 90%.

## **There's good reason to act**

COVID-19 can cause serious illness and death, and you can't predict who will get very unwell. This is not just about your parents and Elders – this is about you, your friends, and your community. COVID-19 isn't just an older person's disease – many young people are becoming sick. Over 80% of Aboriginal people who now have COVID-19 are under 40 years.

The sooner we are protected, the sooner we can bounce back. Let's get visitors to our regions, open borders, travel overseas, family back home and our state back to business. Get vaccinated as soon as you can.

# Community communication: newsletter and website copy (cont.)

## **Are the COVID-19 vaccines safe?**

All vaccines in Australia are tested to make sure they are safe. COVID-19 vaccines have been through a lot of testing to help protect us all quickly from the virus. They have been approved by the Therapeutic Goods Administration (TGA). This organisation approves all vaccines and medicines before they can be used in Australia. The TGA looked at all the test results from COVID-19 vaccine trials throughout the world to make sure they are safe.

The Australian Technical Advisory Group on Immunisation also provided advice to health authorities on the use of the COVID-19 vaccines. And all organisations continue to monitor things closely.

## **What will happen when we get vaccinated for COVID-19?**

When we get the COVID-19 vaccine, our immune system responds so that it is ready to protect us if we come into contact with COVID-19. The vaccine might not stop us getting COVID-19, but it helps stop us from getting really sick if we do. It works in the same way as the flu vaccine.

After we have the COVID-19 vaccination, we might feel some side effects. This might include aches and pains and a slight fever or tiredness. But the benefits of getting vaccinated far outweigh the risk of any rare side effects. If we are concerned about any side effects, we should talk to our doctor.

The COVID-19 vaccination needs two doses, which means we need to go to two appointments. Our doctor or health clinic will tell us when to get our second dose.

It's okay to have the COVID-19 vaccine before or after our flu vaccine. They just need to be seven days apart.

## **How do we find out more information about COVID-19 vaccination?**

We can talk to our GP, Aboriginal Medical Service or Aboriginal Health Worker about what is best to help protect us. They can provide information about the COVID-19 vaccines, how to book our vaccination and what to expect. You can also find more information on [nsw.gov.au](https://nsw.gov.au).

**Do your bit – get the jab. Together, we can all help protect our community to stay strong and healthy.**

# Community communication: Yarn Up Q&A vaccination sessions

## Yarn Up

If you have any questions about COVID-19 vaccination, tune into one of our regular 'Yarn Up' sessions to get the answers from NSW Health and Aboriginal medical professionals. The Centre for Aboriginal Health hosted the first Yarn Up video event about COVID-19 vaccination on Thursday 29 July which was featured on the [NSW Health Facebook](#) page.

This is an opportunity for Aboriginal community members across New South Wales to ask any questions about COVID-19 vaccination. If you have any questions, please send them in to: [MOH-CAH-COVID19@health.nsw.gov.au](mailto:MOH-CAH-COVID19@health.nsw.gov.au). Remember to tune in for the next session – coming soon!



[YARN UP Episode 1.mp4 \(vimeo.com\)](#)

# Community communication: Community Champion case study and video

## Professor Kelvin Kong editorial

Professor Kelvin Kong, a proud Worimi man and Australia's first Indigenous surgeon got his COVID-19 vaccine.

When asked why he decided to get vaccinated Professor Kong said that he chose to get the COVID-19 vaccine because he wanted to make sure he did everything possible to protect mob, his patients, his family and himself.

"The COVID-19 Delta strain can spread very quickly and could hurt our mob. So, we don't want to wait until it's too late," said Professor Kong.

"COVID-19 is spreading within families and over 80% of Aboriginal people who now have COVID-19 are under 40 years old. We have worked hard at protecting our communities. But we need to keep going. One of the most important things you can do is to get vaccinated.

"The COVID-19 vaccine can help protect mob from getting really sick from the virus. It helps protect our community, Elders, family and friends. The more people who get vaccinated, the safer we'll all be.

"As a doctor, I know how important it is to get vaccinated, that they are very effective and have saved us from the devastating impact of many diseases, like polio and smallpox".

"I see a lot of patients every day and I also spend a lot of time in the operating theatre. Having the COVID-19 vaccination helps me protect my patients. And it helps reduce my risk of infection from COVID-19 as well".



# Community communication: Community Champion case study (cont.)

## Professor Kelvin Kong editorial (cont.)

Professor Kong said that he knows all vaccines used in Australia are tested to make sure they're safe and COVID-19 vaccines have been through a lot of testing to help protect us quickly from the virus.

"They have been approved by the Therapeutic Goods Administration (TGA), which approves all vaccines and medicines before they can be used in Australia," said Professor Kong. "The TGA looked at all the test results from COVID-19 vaccine trials throughout the world to make sure they are safe.

"The Australian Technical Advisory Group on Immunisation also provided advice to health authorities on the use of the COVID-19 vaccines. And all organisations closely monitor things throughout the world."

When asked about the of cases of blood clots that have been reported in the media, Professor Kong explained that these are a rare type of blood clot. "It's important to know that the benefits of protecting yourself against COVID-19 far outweighs the risk of getting a blood clot," he said.

He explained that when you get the vaccine, your immune system responds so that it's ready to protect you if you come into contact with COVID-19. He said that the vaccine might not always stop you getting COVID-19, but it helps stop you from getting really sick if you do, and it works in the same way as the flu vaccine.

"After you have the vaccination, you might feel some side effects like aches and pains, a slight fever or tiredness. But these usually go away after a few days. If you are worried about any side effects, you should talk to your doctor. The benefits of getting vaccinated outweigh the risk of any side effects.

"The COVID-19 vaccination needs two doses, so you need to go to two appointments. Your doctor or health clinic will tell you when to get your second dose. And it's okay to have the COVID-19 vaccine before or after your flu vaccine. They just need to be seven days apart.

"If you have any worries about getting vaccinated, you should talk to your GP, Aboriginal Medical Service or Aboriginal Health Worker. They can provide information about the COVID-19 vaccines, how to book your vaccination and what to expect." said Professor Kong.

# Community communication: Community champion videos

## Mi-Kaisha (Centre for Aboriginal Health)



**> KEEP OUR MOB SAFE**

Mi-Kaisha 15 second COVID-19 vaccination video

[Link to video](#)



**> KEEP OUR MOB SAFE**

Mi-Kaisha 30 second COVID-19 vaccination video

[Link to video](#)



**> KEEP OUR MOB SAFE**

Dr Kelvin Kong's COVID-19 vaccination video

[Link to video](#)

## Community communication: Community champion videos (cont.)

### Professor Marcia Langton (Australian Government)



Prof Marcia Langton AO  
THE UNIVERSITY OF MELBOURNE

In Australia, we've done a great job of keeping our mob safe and looking after each other.

0:36

[Read transcript](#)

[Link to video](#)

## Community communication: Community champion videos (cont.)

**We encourage you to record your own COVID-19 vaccination message and share on your social channels. You can use the following script or draw from the key messages and record in your own words:**

### **NSW is on high alert**

- The COVID-19 Delta strain is highly contagious and an increasing risk to our communities.
- COVID-19 is spreading within families and over 80% of Aboriginal people who now have COVID-19 are under 40 years old.
- We all need to work together to protect ourselves, our loved ones and our communities
- One of the most important things you can do is to get vaccinated.
- Two doses of a vaccine will give you around 90% protection against hospitalisation and death from COVID-19, and significantly reduces your risk of spreading the virus to other people.
- It's strongly recommended that you get vaccinated with any available COVID-19 vaccine as soon as you can.
- The more people who get vaccinated, the safer we'll all be.

**So don't wait. Vaccinate.**

**Make a booking now at [nsw.gov.au](https://nsw.gov.au)**

# Community communication: Community champion postcards



**COVID-19 VACCINATION**

**All Aboriginal people 12 years and over are eligible for free COVID-19 vaccination**

**“I got vaccinated to help protect my family, my friends and my community.”**

Barbie Fusitu'a Nepean Blue Mountains Local Health District, Aboriginal Health Unit

For more information on COVID-19 vaccination, visit [nsw.gov.au](https://nsw.gov.au)

**> KEEP OUR MOB SAFE**



Barbie Fusitu'a postcard  
Nepean Blue Mountains  
[Link to postcard](#)



**COVID-19 VACCINATION**

**All Aboriginal people 12 years and over are eligible for free COVID-19 vaccination**

**“I got my jab to show community it was safe and the right thing to do!”**

Albury Elder Mr Kenneth Murray

For more information on COVID-19 vaccination, visit [nsw.gov.au](https://nsw.gov.au)

**> KEEP OUR MOB SAFE**



Aboriginal Elder, Mr Kenneth Murray, postcard  
Albury  
[Link to postcard](#)

# Community communication: Community champion postcards (cont.)



**All Aboriginal people 12 years and over are eligible for free COVID-19 vaccination**

“By getting vaccinated we are protecting our community, the people that we love, Elders, our Uncles and our Aunties.”

Mi-kaisha

For more information on COVID-19 vaccination, visit [nsw.gov.au](https://nsw.gov.au)

**> KEEP OUR MOB SAFE**



Mi-Kaisha postcard

[Link to postcard](#)



**All Aboriginal people 12 years and over are eligible for free COVID-19 vaccination**

“Protecting our Elders and our whole community helps us make sure our rich and enduring history and traditions are passed on to future generations.”

Raylene Gordon

For more information on COVID-19 vaccination, visit [nsw.gov.au](https://nsw.gov.au)

**> KEEP OUR MOB SAFE**



Raylene Gordon postcard

[Link to postcard](#)

# Community communication: Community champion postcards (cont.)



**COVID-19 VACCINATION**

All Aboriginal people 12 years and over are eligible for free COVID-19 vaccination

**“I got vaccinated to protect mob, my patients, my family and me. So we can get together and do the things we love. Safely.”**

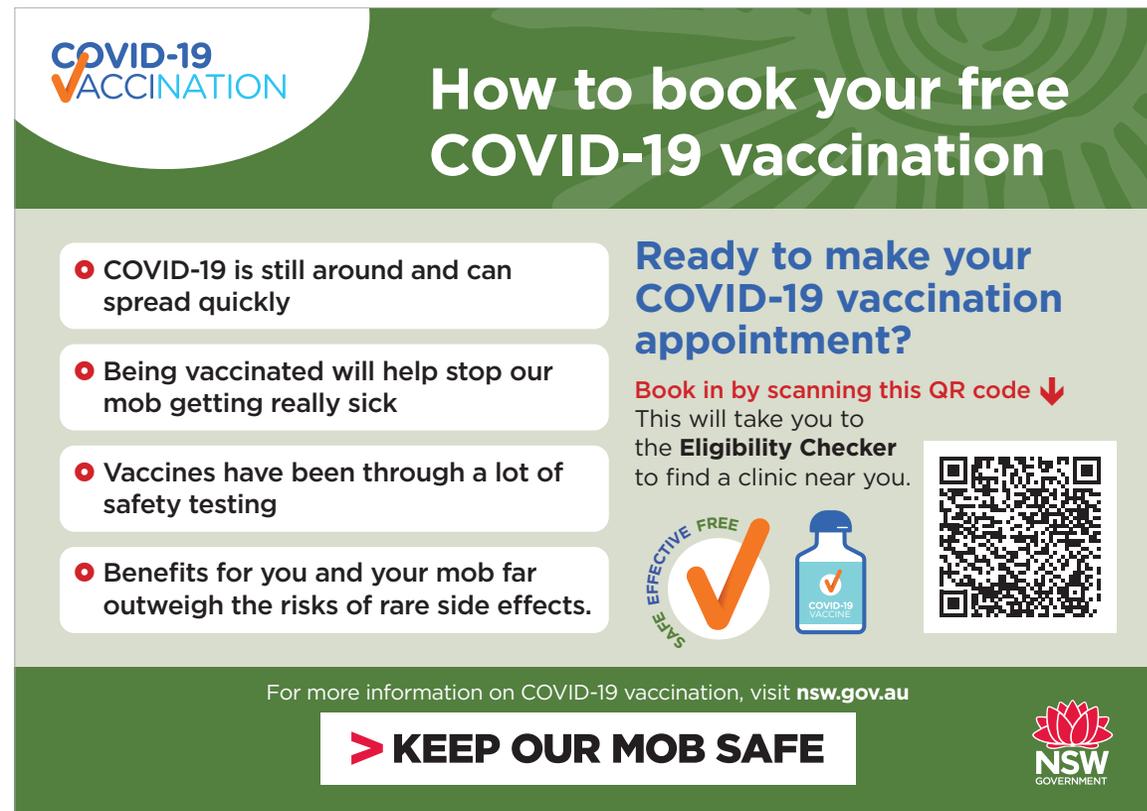
Professor Kelvin Kong

For more information on COVID-19 vaccination, visit [nsw.gov.au](https://nsw.gov.au)

**> KEEP OUR MOB SAFE**



Professor Kelvin Kong postcard  
[Link to postcard](#)



**COVID-19 VACCINATION**

## How to book your free COVID-19 vaccination

- COVID-19 is still around and can spread quickly
- Being vaccinated will help stop our mob getting really sick
- Vaccines have been through a lot of safety testing
- Benefits for you and your mob far outweigh the risks of rare side effects.

**Ready to make your COVID-19 vaccination appointment?**

Book in by scanning this QR code ↓

This will take you to the **Eligibility Checker** to find a clinic near you.



For more information on COVID-19 vaccination, visit [nsw.gov.au](https://nsw.gov.au)

**> KEEP OUR MOB SAFE**



Back of postcard

# Community communication: COVID-19 vaccination printed resources



Brochure

[Link to brochure](#)



Poster

[Link to poster](#)

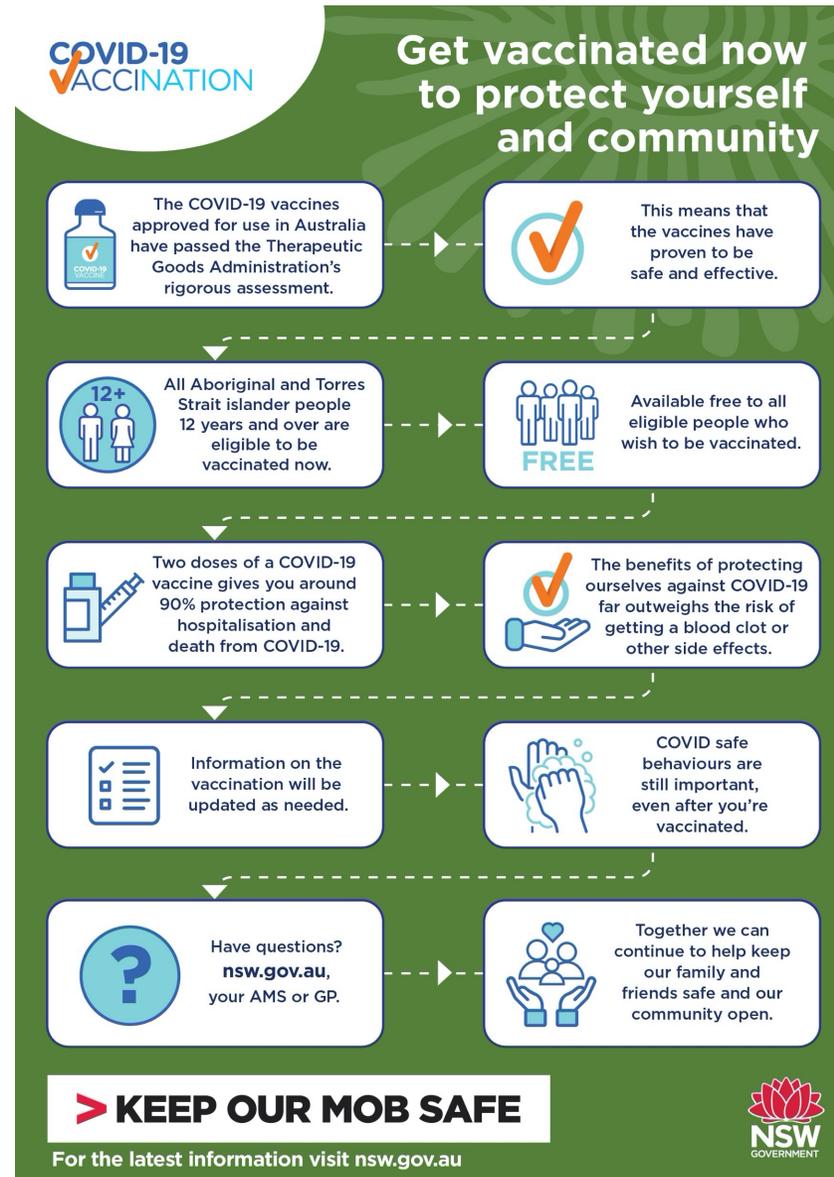


Sticker

[Link to sticker](#)

# Community communication: COVID-19 vaccination program infographic

To download infographic,  
right click and select  
'Save as Picture'



[Click here to download high res image](#)

# Community communication: Community champions social tiles

To download social tiles, right click and select 'Save as Picture' or click the link below each image for a higher resolution version



Twitter tile:  
Darryl Wright CEO Tharawal AMS and Uncle Ivan Wellington  
[Click here to download high res image](#)



Facebook tile:  
Darryl Wright CEO Tharawal AMS and  
Uncle Ivan Wellington  
[Click here to download high res image](#)

## Community communication: Community champions social tiles (cont.)

To download social tiles, right click and select 'Save as Picture' or click the link below each image for a higher resolution version



Facebook tile:  
Raylene Gordon

[Click here to download high res image](#)



Facebook tile:  
Mi-Kaisha

[Click here to download high res image](#)

# Community communication: Community champions social tiles (cont.)

To download social tiles, right click and select 'Save as Picture' or click the link below each image for a higher resolution version



Facebook tile:  
Geri Wilson-Matenga

[Click here to download high res image](#)

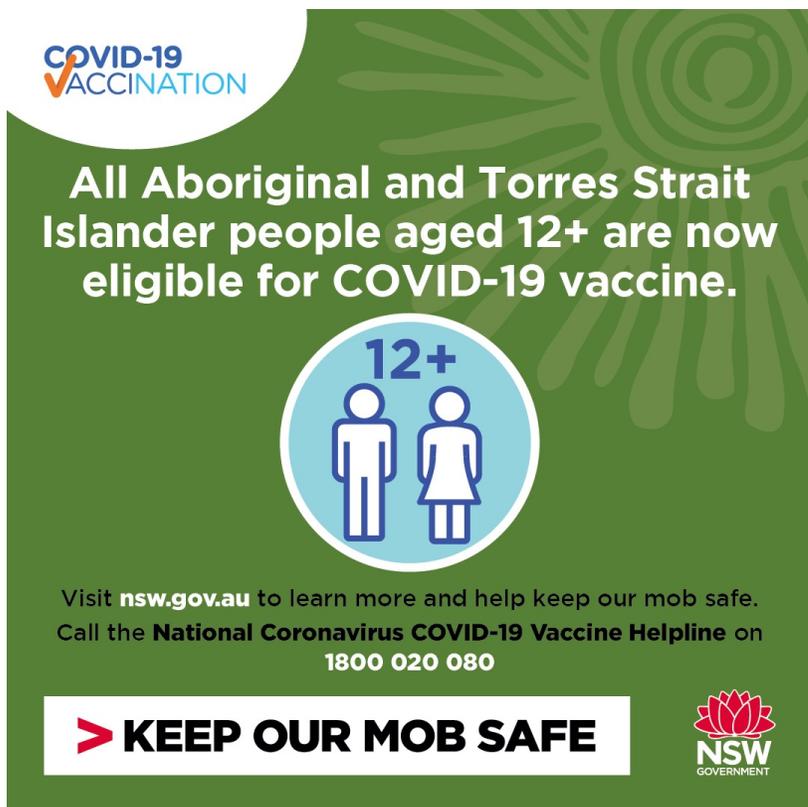


Facebook tile:  
Barbie Futsu'a

[Click here to download high res image](#)

# Community communication: social tiles

To download social tiles right click and select 'Save as Picture' or click the link below the image for a higher resolution version



**COVID-19  
VACCINATION**

All Aboriginal and Torres Strait Islander people aged 12+ are now eligible for COVID-19 vaccine.

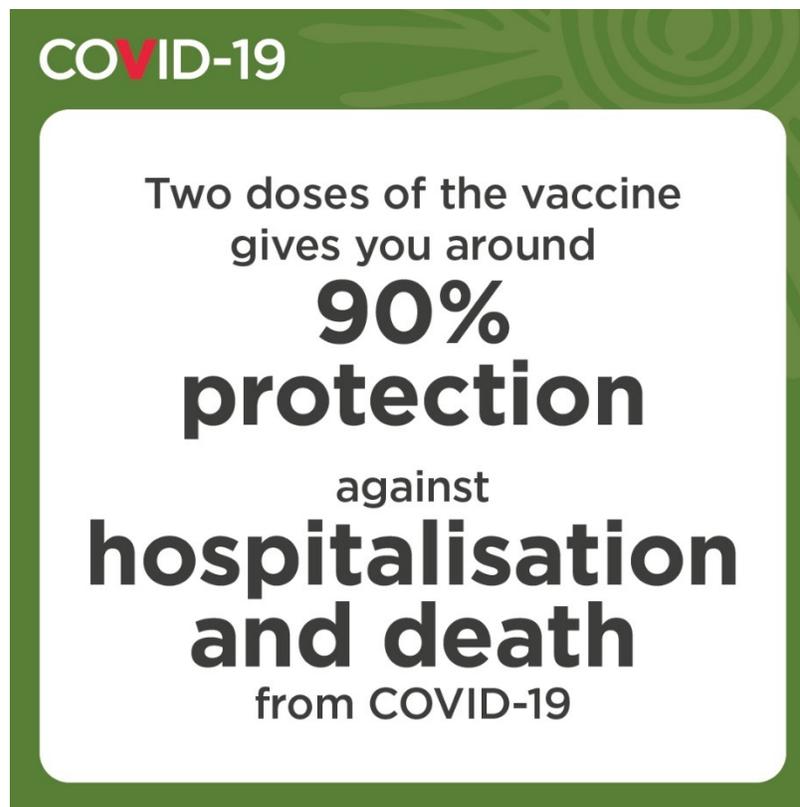
12+

Visit [nsw.gov.au](https://nsw.gov.au) to learn more and help keep our mob safe.  
Call the **National Coronavirus COVID-19 Vaccine Helpline** on  
1800 020 080

**> KEEP OUR MOB SAFE**



[Click here to download high res image](#)



**COVID-19**

Two doses of the vaccine gives you around

**90% protection**

against

**hospitalisation and death**

from COVID-19

[Click here to download high res image](#)



**COVID-19  
VACCINATION**

Keep our mob safe. Together, we can all help protect our community to stay strong and healthy.

Visit [nsw.gov.au](https://nsw.gov.au) to learn more and help keep our mob safe.  
Call the **National Coronavirus COVID-19 Vaccine Helpline** on  
1800 020 080

**> KEEP OUR MOB SAFE**



[Click here to download high res image](#)

# Community communication: social tiles (cont.)

To download social tiles, right click and select 'Save as Picture' or click the link below each image for a higher resolution image

**COVID-19**  
VACCINATION

COVID-19 vaccines help our body make antibodies to protect us from the virus.

Visit [nsw.gov.au](https://nsw.gov.au) to learn more and help keep our mob safe.  
Call the **National Coronavirus COVID-19 Vaccine Helpline** on  
**1800 020 080**

**> KEEP OUR MOB SAFE**

[Click here to download high res image](#)

**COVID-19**  
VACCINATION

Talk to your health service about the COVID-19 vaccine, how to book and what to expect.

Visit [nsw.gov.au](https://nsw.gov.au) to learn more and help keep our mob safe.  
Call the **National Coronavirus COVID-19 Vaccine Helpline** on  
**1800 020 080**

**> KEEP OUR MOB SAFE**

[Click here to download high res image](#)

**COVID-19**  
VACCINATION

Questions?

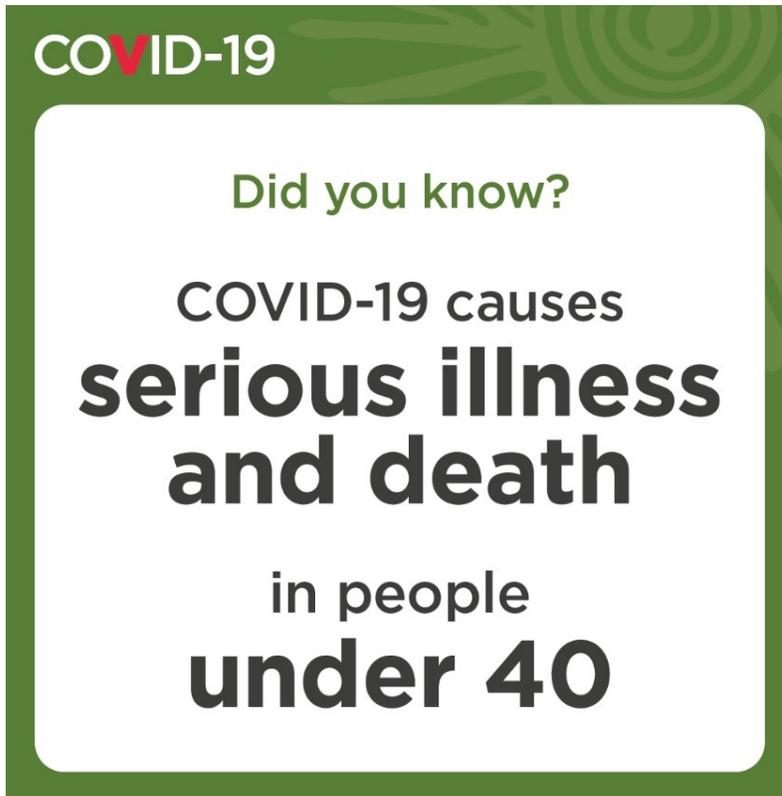
**COVID-19 vaccine helpline**  
**1800 020 080 or [nsw.gov.au](https://nsw.gov.au)**

**> KEEP OUR MOB SAFE**

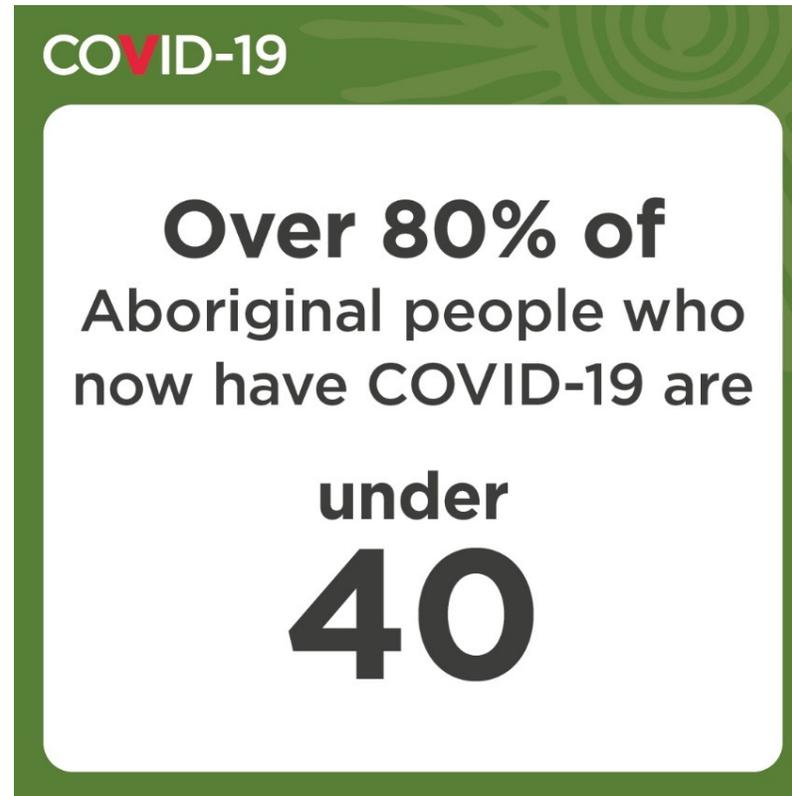
[Click here to download high res image](#)

## Community communication: social tiles for younger people

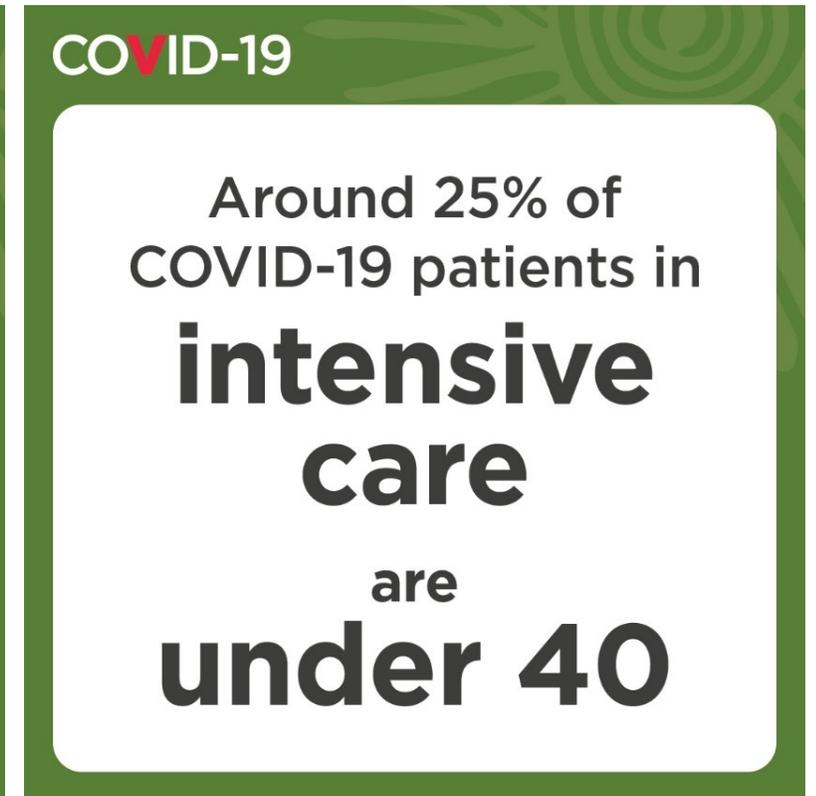
To download social tiles right click and select 'Save as Picture' or click the link below each image for a higher resolution version



[Click here to download high res image](#)



[Click here to download high res image](#)



[Click here to download high res image](#)

# Community communication: social carousel (Instagram)

To download social tiles right click and select 'Save as Picture' or click the link below for a higher resolution version



[Click here to download high res image](#)



[Click here to download high res image](#)



[Click here to download high res image](#)



[Click here to download high res image](#)

## Community communication: key links

- Information about COVID-19 vaccination and how to book: [Get your COVID-19 vaccination in NSW | NSW Government](#)
- COVID-19 vaccination resources: [NSW Centre for Aboriginal Health](#)
- Australian Government information for Aboriginal and Torres Strait Islander people regarding COVID-19: [Coronavirus \(COVID-19\) advice for Aboriginal and Torres Strait Islander peoples and remote communities | Australian Government Department of Health](#)
- Australian Government COVID-19 information answering commonly asked questions and misinformation related to the COVID-19 Vaccination program: [COVID-19 vaccines | Australian Government Department of Health COVID-19 vaccines – Is it true?](#)
- Essential information regarding COVID-19 from NSW Aboriginal Affairs: [Aboriginal Affairs NSW - COVID-19 and Aboriginal Communities – Essential Information](#)
- Information regarding COVID-19 vaccines from the Aboriginal Health and Medical Research Council of NSW: [COVID-19 Vaccines » Aboriginal Health & Medical Research Council of NSW \(ahmrc.org.au\)](#)
- The National Centre for Immunisation Research and Surveillance has COVID-19 vaccine FAQs available: [COVID-19 vaccines: Frequently asked questions | NCIRS](#)

# Community COVID-19 rules resources

# Community communication: newsletter and web copy

## COVID-19 rules

In response to the latest COVID-19 outbreak, state-wide restrictions are now in place to help stop the spread of COVID-19. This includes Stay at Home rules, which means you must stay home unless it is absolutely essential to leave your home.

It's important to be aware of the rules which apply in your area. Please note additional restrictions apply if you live in a [local government area of concern](#).

A reasonable excuse to leave home includes:

- Obtaining food or other essential services.
- Going to work if you cannot reasonably work from home and your business is allowed to be open. Check the [rules](#) which apply in your area.
- Going to your place of education if it is not possible to do from home.
- Exercise. Check the [rules](#) which apply in your area.
- For medical or caring reasons, including obtaining a COVID-19 vaccination.

If you need to leave your home, you must carry a face mask with you at all times. Follow the [mask rules](#) which apply in your area.

Do not have visitors to your house during the stay at home orders. This includes family members who don't live with you.

[Get tested](#) immediately and self isolate if you have any symptoms, or if you've been at a venue or in contact with someone with COVID-19.

Check the latest rules and restrictions for where you live at [COVID-19 | NSW Government](#)

# Community communication: key links

## COVID-19 rules

Information regarding stay at home rules: [Additional restrictions for NSW | NSW Government](#)

COVID safe measures in place in regional and rural NSW: [What you can do in NSW | NSW Government](#)

Information about travelling to, from and through NSW: [Travel to and from NSW | NSW Government](#)

Updated information about face masks: [Face mask rules | NSW Government](#)

## COVID-19 information

Current COVID-19 cases and exposure sites: [Current COVID-19 case locations | NSW Government](#)

Information on COVID-19 symptoms and testing: [Symptoms and testing | NSW Government](#)

Testing clinic locations: [COVID-19 testing clinics | NSW Government](#)

# Community communication: COVID-19 rules social tiles

To download social tiles right click and select 'Save as Picture' or click the link below each image for a higher resolution version

**COVID-19**

## Stay at home orders are in place

**You can only leave home for these reasons:**

- **Shopping for food or other essential goods and services** (within 5km of your home)
- **Medical care or providing care for someone else** (including having a COVID-19 test)
- **Getting vaccinated** (unless you are a close contact)
- **Essential work, where you cannot work from home**
- **Education** (leave home for education if it is not possible to do it at home)
- **Exercising outdoors – 2 people only** (within 5km of your home)

**You must carry a mask with you at all times. Wear indoors, except in your home, and outdoors when around others.**

[www.nsw.gov.au/covid-19/rules](http://www.nsw.gov.au/covid-19/rules)

**> KEEP OUR MOB SAFE**



**COVID-19**

## What do stay-at-home orders mean?

There are four reasons you can leave home

- 1** Shopping for food or other essential goods and services (within 5km of your home)
- 2** Medical care or compassionate needs (people can leave home to have a COVID-19 vaccination unless you have been identified as a close contact)
- 3** Exercise outdoors – 2 people only (within 5km of your home)
- 4** Essential work, or education, where you cannot work or study from home

**> KEEP OUR MOB SAFE**



**COVID-19**

## What is considered an essential reason to leave home?



**> KEEP OUR MOB SAFE**



[Click here to download high res image](#)

[Click here to download high res image](#)

[Click here to download high res image](#)

[Click here to download high res Twitter image](#)

# Community communication: COVID-19 rules social tiles

To download social tiles right click and select 'Save as Picture' or click the link below each image for a higher resolution version

COVID-19

**Important reminder**  
No visitors at home during the stay at home order



[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

**> KEEP OUR MOB SAFE**



[Click here to download high res image](#)

COVID-19



**Wear a mask**

**> KEEP OUR MOB SAFE**

[Click here to download high res image](#)

COVID-19

**You must carry a mask with you at all times.**  
Wear indoors, except in your home, and outdoors when around others.



Learn more at [nsw.gov.au](http://nsw.gov.au)

**> KEEP OUR MOB SAFE**



[Click here to download high res image](#)

# Community COVID safe resources

# Community communication: COVID safe behaviours newsletter and website copy

## COVID safe behaviours are still an important part of our defence

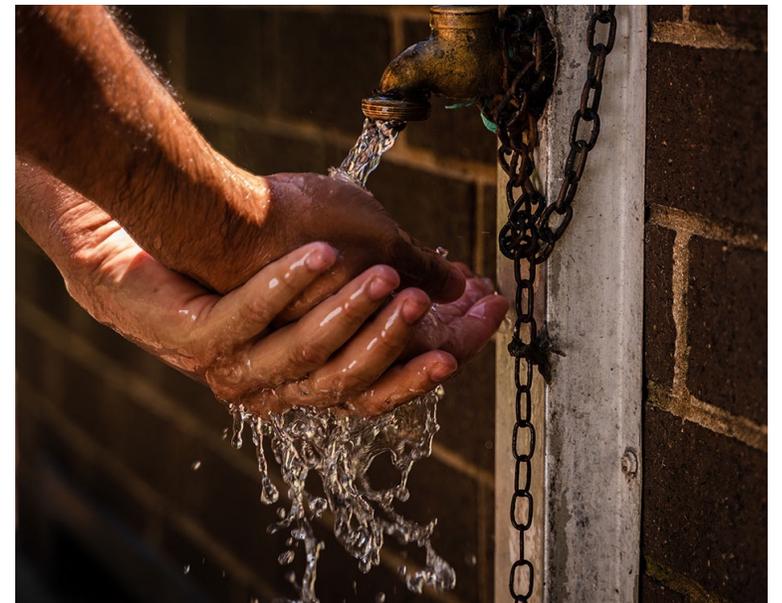
COVID safe behaviours are still important while the COVID-19 vaccination program is underway. It is also important to keep practicing these behaviours, even after you have been vaccinated.

The free COVID-19 vaccines are an important part of our defence against the virus, but we can't rely on them alone. We can all help stop the spread of COVID-19 by:

- getting vaccinated
- getting tested immediately if we have any signs of COVID-19 and staying home until we get a negative test result
- carrying a face mask with you when you leave your home. Check the [mask rules](#) which apply in your area.
- keep checking in and out of venues. You can do this through the [Service NSW app](#) or ask the venue for an alternate form of check-in if you don't have a smart phone.
- washing our hands regularly
- Keep your distance from people you do not live with. The current Delta variant is more transmissible than previous COVID-19 variants. Wear a mask whenever you can't keep your distance from others and when indoors away from your home.

We will help stay COVID safe if we work together for our family, our Elders and our whole community.

For more information visit [nsw.gov.au](https://nsw.gov.au)



# Community communication: COVID safe posters

COVID-19

## Tell staff immediately

**If you have been asked to self-isolate**

**Or if you have any of these symptoms:**

- **Fever**
- **Cough**
- **Sore/scratchy throat**
- **Shortness of breath**
- **Loss of taste or smell**



Please also wear a **face mask**



**> KEEP OUR MOB SAFE**

More information [www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

[Click here to COVID-19 symptoms poster](#)

COVID-19



## If you're unwell, get tested.

Dr Kelvin Kong

The COVID-19 Delta variant means a single person can infect more people, more quickly. This makes it more important than ever that we all follow the health advice to protect our community. If you or your family have even mild cold-like symptoms, get tested immediately, and self-isolate until you receive a negative COVID-19 test result.

Share tips online with [#keepourmobsafe](#)

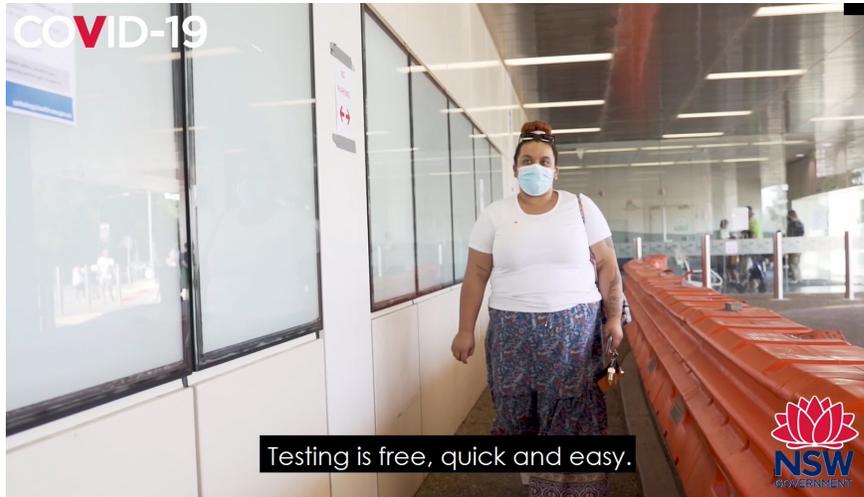


**> KEEP OUR MOB SAFE**

For the latest information on COVID-19, visit [nsw.gov.au](http://nsw.gov.au)

[Click here to Testing poster](#)

# Community communication: COVID safe behaviours social videos



[Link to Testing process video](#)



[Link to Testing 30 second video](#)



[Link to Re-testing 15 second video](#)



[Link to Check-in 15 second video](#)

# Community communication: COVID safe behaviours social tiles

To download social tiles right click and select 'Save as Picture' or click the link below each image for a higher resolution version



[Click here to download high res image](#)



[Click here to download high res image](#)



[Click here to download high res image](#)

