

Health information for Aboriginal and Torres Strait Islander Queenslanders



**Travel restrictions are in place.
Stay at home.**
This means no visitors.



**We need to look after our
Elders and sick people.**
Mob over 50 should stay at home.



**There are strict penalties
for anyone breaching these
laws** and putting community
members in danger.

How do I protect myself, my mob and my community?



See a doctor or your local health
service if you have a **fever, sore
throat or shortness of breath.**



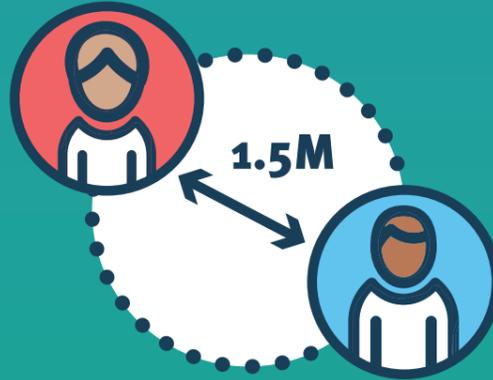
**Avoid touching surfaces or
your face.** Eat a healthy diet and
remember to exercise.



Wash your hands regularly.
Cough or sneeze into
your elbow.



Make sure Elders and
sick people have
food and medicine.



Practice social distancing and
don't socialise with people
outside of your home.

Further information

For further information please visit
The Department of Aboriginal and Torres Strait
Islander Partnerships website:
www.datsip.qld.gov.au/coronavirus

Help is available

If you or someone you care about is distressed, in crisis,
suicidal or needs someone to talk to, help is available.
1300 MH CALL (1300 642 255)
13 HEALTH (13 43 25 84)



**Queensland
Government**