

## Factsheet – Protect Youpla and Youpla Pamle!

### Wanem COVID-19 (Coronavirus)?

This sick samekine olsem cold sick. This sick can start from lung and mekeh lung nugood. Sometimes you proper sick wuntime or sometime you nor sick until after (from 1 to 14 days).

### How em spread?

COVID-19 e spread between people:

- Through cough or sneeze (untap you)
- When somebody whotha sick e cough or sneeze untap something and you gor tasseh the same thing (olsem door handle) and then you rub you face or when you kaikai.

### Wiskind you can protect yourself, you pamle and you community?

Wash hands every time:

- Before kaikai
- After hugging pamle
- After tasseh people
- After tasseh anything
- After gor toilet
- Because e can spread from hand gor for your mouth, nose and eyes when you tasseh your face
- Avoid hand shake at all times lor people
- stap good distance from one another (1.5m)
- stap haus unless you gor shop por buy kaikai or gor doctor

### E mina important por look after yourself and keep your body strong.

- Kaikai proper and nor piget por exercise
- Make sure you gud good sleep
- Make sure them small one e up to date lor needle and everyone mus gedeh COVID-19 and flu vax.

### Sign bor this sick when em effect you?

You feel hot all the time, nugood cough, throat e sore, short wind, nose e run, you proper tiyat, belly e wrong, vomiting or head e gor round, can't smell anything; can't taste kaikai or drinks.



### Wanem you mekem if you body show them sign?

You mus gor look doctor or nurse blo you lor:

- Aboriginal Medical Services
- GP
- Health Centre
- Hospital

Before you look doctor or nurse u mus call them and spik em if you body e hot, nugood cough, you proper tiyat, throat e sore or short wind.



**CALL 13HEALTH for advice or find out where fever clinic lor community.  
That number e 13 43 25 84**

## 6 steps to successful everyday hand washing using soap



Rub two hand together



Rub two hand together and middle lor fingers



Rub fingers inside lor hand



Clean your thumb properly



Clean your wrist properly



And rinse your hand lor water after

COVID-19 (Coronavirus) – **protect yourself, you pample and you community!!**

### Wanem symptoms?



You feel hot all the time



Nugood cough



Throat e sore



You proper tiyat



Nose e run



Short wind



Can't smell anything



can't taste kaikai or drinks



Belly e run



Vomiting or Head e gor round

Look this website por find more information:  
**Queensland Health <https://www.health.qld.gov.au/>**

This initiative is supported by the Aboriginal and Torres Strait Islander Health Leadership Team, Metro North Health