



# PORMPUR PAANTHU NEWS WEEK

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## DON'T FORGET TO WASH YOUR HANDS!



### KEEPING YOU SAFE

#### WEARING FACE COVERINGS IN OUR STORES

As per government advice, shoppers entering this store are required to wear a face mask, unless a lawful exception applies.

Face coverings must be worn when inside shopping centres, retail stores and supermarkets.

We thank you for your support as together we all need to do what we can to keep our communities safe.

## Feeling a little sick?

### Test and isolate now



#### WELLBEING with COVID-19 in community

##### A positive mindset

Check in on your own state of mind. Try to stay happy and have a plan if things start to change and know where you can go to get help.



#### WELLBEING with COVID-19 in community

##### Keep healthy

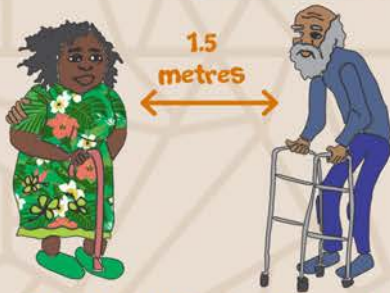
by eating, sleeping and resting well. Keep drinking plenty of water.



# COVID-19 Travel Fact Sheet

Important Information for when travelling back to community

## SOCIAL DISTANCING



- Stay at least 1.5m away from people as this prevents the spread of the virus



- Travel in group sizes no larger than 2 people unless immediate family



- Stay with your family and do not interact with anyone

AVOID SHAKING HANDS, HUGGING OR KISSING OTHER PEOPLE

Please remember the following at all times when you are on the bus, at the airport, on the aeroplane or in your own car.

## GOOD GENERAL HYGIENE PRACTICES

### WASHING HANDS WITH SOAP:

- Before preparing food and eating
- After going to the bathroom
- Changing baby's nappy or touching animals



### USE GOOD COUGH MANNERS:

- Cough away from people or into your elbow or if you cough into a tissue make sure you throw it in the bin
- Avoid touching your eyes, nose or mouth
- Avoid close contact with anyone showing respiratory symptoms



If you or someone you know has symptoms call your doctor or 13 HEALTH (13 43 25 84).

For more information about COVID-19 visit

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>



ALL WORK AND WALK TOGETHER ON ONE PATH OF HEALING, LEARNING, CARING AND SHARING, CREATING A SAFER ENVIRONMENT AND COMMUNITY