



PORMPUR PAANTHU NEWS WEEK

Issue 66:16 August 2021

Vaccinations the key to keeping our community safe

Since the beginning of the pandemic, more than 36,000 people have caught COVID-19 in Australia, including more than 200 Aboriginal and Torres Strait Islander people.

While vaccinations continue, it's important to keep doing simple behaviours that can help protect people from getting sick and spreading the virus:

- staying two big steps apart from others in the community,
- keeping your hands clean by washing them regularly for about 20 seconds,
- staying home when you're feeling sick, and
- getting tested for the virus if you have any symptoms.

Other ways to keep yourself safe include regularly cleaning and wiping down items and surfaces that



you touch frequently. This includes surfaces that other people are touching too. This could be your phone, door handles or tap handles.

New COVID-19 variants can spread more easily among people in our communities. It can sometimes spread between two people walking past each other at the shops or in the park.

If you have any symptoms of COVID-19, like:

- a headache
- a sore throat
- a runny nose
- a fever
- a persistent cough

Or if you have been in a risk location identified by your state or territory, go get tested straight away and stay at home until you get your results.

At the moment these locations are being updated every day, so please check the news on television, radio and online for the latest information in your area, or for places you have been recently.

Remember: the best way to protect yourself and your community from COVID-19 is to get vaccinated.

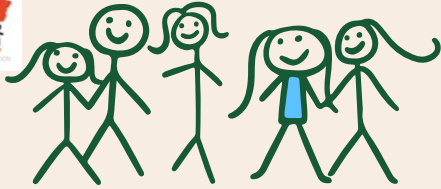
The COVID-19 vaccines are very effective at preventing you from getting seriously sick or needing to go to a hospital if you were to catch the virus.

The COVID-19 vaccines are now available for all Aboriginal and Torres Strait Islander people aged 12 years and over. Make an appointment to speak to your healthcare worker about your vaccination or visit www.health.gov.au.

PPAC Long Day Care Centre
celebrates
NAIDOC & NATSIC
this
WEDNESDAY 18
August: 10am-12pm



ALL WELCOME!



Family Wellbeing

COME SEE US AT THE HEALING CENTRE

CONFIDENTIAL SUPPORT, ADVICE AND ADVOCACY
FOR FAMILIES

SUPPORTING OUR FAMILIES TO SUPPORT THEIR
CHILDREN TO GROW UP HEALTHY AND HAPPY



Pormpur Paanthu

Aboriginal Corporation

22-23 Yalu St, Pormpuraaw, QLD 4892
Phone: 07 4060 4260 Fax: 07 4060 4280

PPAC offers:

- Domestic violence and drug and alcohol preventative education, counselling, advocacy and support for families
- Social emotional wellbeing services
- Family wellbeing services
- Men's Support Services
- Women's Group activities
- Youth activities
- Outside School Hours Care services
- Vacation Care activities
- Child Care services (Long Day Care)
- Playgroup
- Night Patrol (Contact: 0474464688)
- NDIS Services
- Women's Shelter services (Maantchangk Women's Shelter is open 52 weeks a year with 7 days a week on-call service)



Community Night Patrol



**Wednesday to
Sunday Nights
8pm – 4am**

Night Patrol

Contact: 0474 464 688

**For more information call PPAC
Administration on 40 604 211**

St. Mary's & St. Edwards Parish

Baptisms are usually held in the
Church on Sundays.

If you wish to baptise your child or
children, please come and see me
at the chapel on Saturday afternoon
at 5.30pm. Please prepare your
Godparents.

For more information call

Fr Andrew
on 0456 467 693

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