



# PORMPUR PAANTHU NEWS WEEK

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We must take COVID seriously  
PPAC staff and clients are asked to consider how they can best protect themselves and their families from COVID-19 on and off the community in coming days and weeks.

Free masks, and small bottles of hand sanitiser for those who need it, are available from the PPAC admin office and are in regular use in all our service locations.

See next page for more...



## Cyclone and Storm-Ready List Stay in your home.

1. Pick up all rubbish in your yard that could blow around.
2. Get water and water containers ready.
3. Dried or canned food and a can opener.
4. Matches, fuel lamp, portable stove, cooking gear, eating utensils and waterproof bags.
5. Have your medication in a safe place with you.
6. Dry clothes to wear.
7. Make sure you have cash to buy food items if the EFTPOS machine is down – no phone means no EFTPOS.

**Do not go out during the storm: stay in your home until the storm is over.**

# Queensland mask rules

**Social  
Distancing  
stay 1.5  
metres  
away from  
each other**



**By law masks are required to be worn in all indoor settings, except your own home or accommodation, including:**

- all indoor workplaces (unless it's unsafe to do so)
- public transport, rideshare and taxis (including at waiting areas)
- in vehicles if there are people from more than one household
- supermarkets and retail venues
- hospitality venues, including pubs, clubs and cafes (except when seated)
- cinemas and theatres (except when eating or drinking)
- indoor stadiums, sports arenas or sports centres (except when seated as a spectator)
- gyms and sport activities (except while doing strenuous exercise)
- high-risk settings, such as hospitals and aged care facilities
- schools, childcare and other education facilities
- airports and on planes

## 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)



**You do not need to wear a mask outdoors if you can remain 1.5 metres from others.**

**You are advised to carry a mask with you in case you aren't able to maintain physical distancing.**

**There are some exceptions to wearing a face mask, including:**

- for children under 12 — those under the age of 2 must not wear masks since they are a choking and suffocation risk
- for a person eating, drinking or taking medicine
- where the mouth needs to be visible
- where a mask needs to be removed to clearly communicate
- where a person is exempt of a medical condition, disability of ongoing medical treatment
- if a person is asked to remove a face mask for identity purposes
- if wearing a mask creates a risk to a person's health and safety
- for emergencies or when allowed by law

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