

COVID-19 HOPE TOOLKIT

Help Options for Preparedness in Emergency

for Pacific Families in NSW

Compiled by Donina Va'a

Core Pacific Collective

NSW Council for Pacific Communities
Pacific Women's Professional Business Network
Pacific Islands Mt Druitt Action Network
Core Pacific Mental Health Group
Social Work and Policy Studies, The University of Sydney

*"By Protecting oneself we are saving a life of
another and keeping our family together"*
Young Person

The Core Pacific Collective received requests for COVID-19 resources to be accessible and easy to comprehend. Multicultural NSW funded the compilation of the COVID-19 HOPE KIT and translations in five languages. The purpose is to enable the Pacific communities to easily access COVID-19 health related information from NSW Health and other reliable sources on protocols and support.

Version 06/02/2022

NSW Council for Pacific Communities/Core Pacific Collective



NSW COUNCIL FOR
Pacific Communities



THE UNIVERSITY OF
SYDNEY

PACIFIC
WOMEN'S
PROFESSIONAL & BUSINESS NETWORK INC.





Acknowledgement

'The Core Pacific Collective would like to acknowledge the Australian Aboriginal and Torres Strait Islander people of this nation. We acknowledge the traditional custodians of the lands on which we learn, live and work. We pay our deepest respect to their Ancestors and Elders, past, present and future.

We are, and always will be committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultures and customs that continue to nurture this land. We honour the presence of their ancestors and their spiritual relationships to the land, waters, seas and their rich contribution to society.'

TABLE OF CONTENTS

COVID-19 INFORMATION

Life with COVID-19	1
Getting Vaccinated	2
Getting a COVID-19 Test	4
Symptoms of COVID-19	6
Self-isolating when Affected by COVID-19	7
COVID-19 - Testing Positive and Managing at Home	8
Information for People with a Disability	9
Information for Seniors and Vulnerable People	10
Information for People not Vaccinated	11
Preparing for a Pandemic	12
COVID-19 Recovery	13
Apps & eResources for Young Minds	14

HELP RESOURCES

Pacific Links & Resources	16
Well-being Tips	19
FAQ	23
Help Contacts	24
NSW Health Links & Resources	26
Financial Support	29
Acknowledgements	32
References	33

Life with COVID-19



COVID-safe
Protocols

Testing and
Isolating

COVID-19
Vaccination

Well-being

Vaccination
Get vaccinated against COVID-19 and always keep a copy of proof with you

Distancing
Maintain physical distancing 1.5m

Hands
Practice good hand hygiene

Respiratory Hygiene
Cough or sneeze into your elbow or use a tissue

Home
Stay at home if you become sick

Mask
Wear a mask

Tested
Get tested immediately if you have COVID-19 symptoms

Family
Talk with family on how to support each other and check in regularly on each other, especially the elderly

Well-being balance
Eat a balanced meal, have 8 hours of sleep, exercise regularly

COVID-19 rules and
Stay up to date

Face
Do not touch your face. Clean your hands thoroughly before touching your face

Work
If you work, talk to your employer and develop a COVID Safe work plan

Cleaning
Regularly clean and disinfectant commonly used items and surfaces like mobiles, door knobs etc

Local Positive Cases
Stay up to date with local cases

Service NSW App
Download the Mobile App COVID Safe Check In Proof of Vaccination

Support
Talk to your doctor about your fears, anxieties, and frustrations. See Pacific Links or range of services in Resources.

Danger
If life in danger, call 000

Other Vaccination
Keep up to date, especially for influenza

“I wish we, as a family had both our vaccinations.! Our journey, that my family endured, the emotional pain and suffering will never be forgotten. Messages of prayers, love and support, being strong and thinking positive from Family and Friends helped mend my FAMILY together.” Susan Raukete

Getting Vaccinated



COVID-19 VACCINATION GETTING VACCINATED

NSW Health recommends everyone to get COVID-19 Vaccinated.

We must work together to get vaccinated to protect ourselves and our loved ones. If you have any questions about getting vaccinated – talk to your doctor.

COVID-19 VACCINATION FACTS

- **It's free.** No charge

PROOF OF VACCINATION

You will receive a COVID-19 Vaccination Certificate, once fully vaccinated (2 doses)



3RD PRIMARY DOSE OF COVID-19 VACCINE

- Australian Technical Advisory Group on Immunization (ATAGI) recommends a 3rd primary dose of COVID-19 vaccine for people whose immune systems do not work

TYPES OF VACCINES AVAILABLE IN AUSTRALIA

To get fully vaccinated you will receive two doses. According to health officials, you can expect to get up to 90% protection from hospitalization or death, 7-14 days after your second dose.

COVID BOOSTER ADVICE (FROM JANUARY 31ST 2022)

- **ALWAYS** check updated information
- EVERYONE AGED 18 AND OVER IS RECOMMENDED TO HAVE A BOOSTER DOSE THREE MONTHS AFTER THEIR PRIMARY COURSE



SEE NEXT PAGE FOR MORE INFORMATION

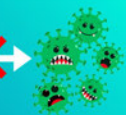


Viruses cannot travel on radio waves/mobile networks.

FACT:
5G mobile networks do not spread COVID-19

COVID-19 is spreading in many countries that do not have 5G mobile networks.

5G



FACT:
COVID-19 vaccines will not change your DNA.



If you are infertile, you can't make a baby or get pregnant.

FACT:
COVID-19 vaccine will not make you infertile.



“Thank you so much to PIMDAN, to you Maherau and your team from my 80-year-old mum and myself for being there for the vulnerable community.” Shantishwar Lal



COVID-19 VACCINATION GETTING VACCINATED

How to get a COVID-19 Vaccination:

- Contact your Doctor
- Go to the online Vaccination finder
- Find a walk in
- Non-Medicare card, Contact your local doctor or attend a GP
- Vaccination clinic or a NSW Health clinic, many GPs do not do "non-Medicare" vaccination



PROOF OF VACCINATION

A digital copy of your certificate can be downloaded from the following sites:

- Medicare Express App
- MyGov Account
- My Health Record

Or your vaccination provider can print your immunization history statement

Keep a copy of your certificate with you always.



TYPES OF VACCINES AVAILABLE IN AUSTRALIA

- **Pfizer**
 - Preferred for the ages of 5 years and older
 - Requires 2nd dose 3-8 weeks after your first dose
- **AstraZeneca**
 - Used for 60 years and over or for 18-59 years where the Pfizer vaccine is unavailable
 - Requires 2nd dose set 3-8 weeks after your first dose
- **Moderna**
 - Used for 60 years and over or for 18-59 years where the Pfizer vaccine is unavailable
 - Requires 2nd dose 4-6 weeks after your first dose

HELP

<https://covid-vaccine.healthdirect.gov.au/eligibility>

Pacific Link

Hotdoc.com.au / App

COVID-19 Helpline: 1800 020 080



COVID-19 VACCINATION FACTS

- **It's free.** No charge
- **It is easy to access.** Even if you do not have a Medicare Card or a Visa
- **It is safe.** Therapeutic Goods Administration (TGA) have 'approved' all vaccines administered in Australia
- **It protects.** Covid-19 vaccines help protect you against contracting and spreading the virus
- **It defends.** Reduces your chances of hospitalization or death if you contract Covid-19



3RD PRIMARY DOSE OF COVID-19 VACCINE

- Australian Technical Advisory Group on Immunization (ATAGI) recommends a 3rd primary dose of COVID-19 vaccine in individuals who are severely immunocompromised, to maximize the level of immune response
- Applies to all individuals aged ≥ 18 years with certain conditions or on therapies leading to severe immunocompromise, as defined in Box 1 (see in Resources)

Important talk to your Doctor



COVID BOOSTER ADVICE

- The TGA has provisionally approved COVID-19 booster doses for people aged 18 and older
- ATAGI have recommended a third COVID vaccination (a booster) to eligible people, at least six months after the second dose
- Pfizer or Moderna vaccines are approved for the booster shot, regardless of what vaccine type was used for the primary doses

The priority groups to get booster doses are those with risk factors for severe COVID-19 and/or those at increased occupational risk of COVID-19. This includes health care staff.

Booster doses are not currently recommended for those aged under 18 years, as severe COVID-19 is uncommon for this age group.

- Where to get booster vaccinations
 - NSW Health run clinics, GPs and pharmacies
- Contact your doctor for further information

"COVID-19 Safe, United we stand Vaccinated." Sarah & Roy

Getting a COVID-19 Test



1. Getting tested for COVID-19

- If you have Flu-like or COVID-19 symptoms
- If you are a close or casual contact of someone who has contracted COVID-19
- If you have visited a hotspot listed on NSW Health website
- If you have been requested to get tested

SEE NEXT PAGE FOR MORE INFORMATION

4. Close Contact Testing - household contacts or people with high risk exposures

Close contacts are at high risk of catching COVID-19 because of their interactions with someone with COVID.

Get tested at a clinic or drive through (not a supermarket test) and isolate until you get a result.

Follow the directions from NSW Health about how long you need to stay isolated for.

2. If you have tested positive, NSW Health Department will let you know by SMS You will be given clear advice

3. If you had COVID-19 more than 4 weeks ago and you experience symptoms, call your doctor, self-isolate and get tested

5. Casual Contact Testing - if you are a casual contact of someone with Covid-19

- Get tested immediately and self-isolate until you get a negative result
- Get tested again on day 6 after your last contact with the COVID-19 positive person. If you feel well, you do not need to self-isolate while waiting for this test result
- Get tested at a clinic or drive through (not a supermarket test) and isolate until you get a result. Follow the directions from NSW Health about how long you need to stay isolated for.

6. Where can you get tested?



- You can take someone with you to get tested but they must wear a mask

7. What is it like to get tested for COVID-19?

COVID-19 testing is:

- easy
- quick
- free

You can get your results by:

- text
- phone call

You must go straight home and self-isolate after your COVID-19 test.

This means while you wait for your results, you should not:

- leave your home
- have visitors at your home

If you don't get your results within 3 days, you should contact the place where you got tested.

HELP 
Contact your Doctor or call Health direct 1800 022 222

If your life is in danger call 000.

More info:
www.covid19evidence.net.au

RAT and PCR Testing

There are different tests you can get to check if you have coronavirus (COVID-19)



Rapid antigen tests

- A rapid antigen test is a quick way to detect COVID-19
- Concession card holders can access free RAT tests from 24th January 2022



PCR tests

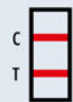
- This is a nose and throat swab that is taken at a testing clinic and sent to a lab to be tested

Who should do a rapid antigen test?

- People with symptoms
- Household, social, workplace or education contact of a positive case
- Anyone before going to an event with lots of others, or before visiting vulnerable family members
- Anyone arriving from overseas (passengers and flight crew)

What happens if I get a positive rapid antigen test result?

If you test positive on a rapid antigen test you most likely have COVID:



TEST RESULT	SYMPTOMS	EXPOSURE RISK	NEXT STEP
✓	✓	Known or unknown contact	You are a confirmed case, follow the advice for people testing positive for COVID-19 https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx
✓	✓ or ✗	Known high risk or household contact	You are a confirmed case, follow the advice for people testing positive for COVID-19 https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx
✓	✗	No known contact	You may be a case, take another rapid antigen test in 24 hours or have a PCR test

What happens if I get a negative rapid antigen test result?

If you are a household contact or had a high-risk exposure to someone with COVID then you must continue to isolate for 7 days. You must follow the advice for people exposed to COVID-19 to determine your risk (<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/people-exposed-to-covid.aspx>). To determine if you had a high risk exposure use the Information for people exposed to COVID-19 (<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/people-exposed-to-covid.aspx>) and follow the relevant isolation advice.

If you have symptoms, please take another rapid antigen test in 24 hours or have a PCR test. If your second test is positive you are considered a confirmed case. If the second test is negative, you should isolate until your symptoms have gone.



Who should have a PCR test?

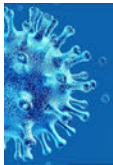
You should do a PCR test if:

- you have COVID-19 symptoms, but have tested negative on a rapid antigen test AND are at higher risk of severe disease including those who are pregnant, immunosuppressed, Aboriginal and Torres Strait Islander, Pacific Islander, or unvaccinated
- you have symptoms and can't get a rapid antigen test
- you have been asked to have a PCR test from a health care provider.

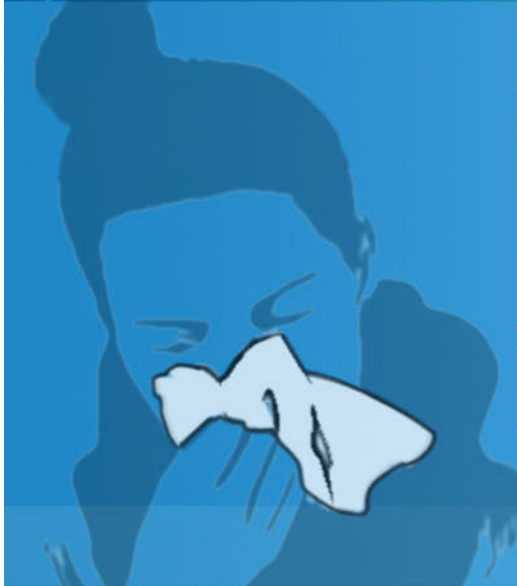
If I have tested positive, what do I do?

Follow the advice for people testing positive for COVID-19:

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx>



COVID-19 SYMPTOMS



Common Symptoms

- Fever (37.5°C or higher)
- Cough
- Fatigue
- Loss of taste and/or smell
- Night sweats
- Chills
- Headache
- Sore throat
- Blocked nose
- Runny nose
- Muscle pain
- Joint pain
- Diarrhoea
- Nausea or vomiting
- Loss of appetite
- Conjunctivitis

Severe Symptoms

- Severe headaches
- Dizziness
- Shortness of breath
- Difficulty breathing
- Chest pressure or pain

*if you have severe symptoms, Call 000 immediately

What can you do when you have symptoms?



Protect your family and don't wait till symptoms get worse



Get TESTED immediately, if you have COVID-19 symptoms, even if mild and even if you are vaccinated



Do a RAT test OR go to nearest testing clinic and do not stop or visit shops or people to and from the clinic. Tell the testing clinic staff if you are a close contact of a person with COVID-19



You must not travel by public transport, taxi or ride-share



Wear a face mask that always covers your nose and mouth



If you cannot get to a testing clinic, call your doctor for advice on testing



If your Doctor is unable to help, call the NSW Health Isolation Support Line on 1800 943 553



Self-isolate until you receive a negative result



If your symptoms become serious you may need to go hospital



We use oxygen, and in severe cases ventilators if you need help breathing



TALK to your Doctor for any other concerns



HELP
Contact your Doctor or call Health direct 1800 022 222

If your life is in danger call 000

More info:
www.covid19evidence.net.au

Self-isolating when Affected by COVID-19



1 YOU MUST SELF-ISOLATE

- When tested positive for COVID-19
- If you are a close contact of a person with COVID-19 and awaiting results

- If you are a casual contact and awaiting your test results (even if fully vaccinated)
- Have any COVID-19 symptoms and awaiting test result (even if fully vaccinated)



2 COPING TIPS

- Do a DAILY ROUTINE
- STAY IN TOUCH
- SET AN ENJOYABLE EXERCISE ROUTINE
- EAT HEALTHY
- WELL-BEING PROGRAMS
- SEEK SUPPORT



3 DON'T LEAVE THE PLACE OF RESIDENCE

LEAVING HOME - only leave home to get a COVID-19 test, medical care or in an emergency.



4 COMPLY WITH SELF-ISOLATION RULES

TRAVEL- travel by private vehicle, bike ride or walk. Call the Isolation Support Line on 1800 943 553 if you need transport.

Failure to adhere to the NSW Health advice may result in a penalty.

NSW Health will inform you of your specific self-isolation requirements.



6 MONITOR YOUR HEALTH DAILY

Don't wait till symptoms worsen, Call 000 if life in danger.

5 COVID-19 POSITIVE SELF-ISOLATION

- Diagnosed cases must take practical steps to notify:
 - Employer
 - Any people they live with
 - Social contacts
 - Education provider
- Person conducting a business to notify SafeWork NSW if they become aware a worker was diagnosed with COVID-19
- Keep up to date with the rules and exemptions in place

7 YOU CANNOT SELF-ISOLATE AT HOME

- Special Health Accommodation is Free and caters for those who cannot self-isolate at home
- 24-hour care is provided, 7 days a week. Call Public Health Unit 1300 066 055
- Services include Meals, WiFi, TV, cleaning, and laundry services



8 PRACTISE STRICT HYGIENE

9 ISOLATING WITH OTHERS

- Family in the same house may be appropriate provided you understand there is an increased risk of infection, and they may need to test and isolate
- You must avoid all physical contact from others if living in the same house



See NSW Health Links & Resources - NSW Health COVID-19 Self-isolation Guideline and Support for more information

COVID-19 - Testing Positive and Managing at Home



If YOU test positive with a rapid antigen test, you must:

- Register your positive test on the Service NSW website so you can be linked to important healthcare support and advice based on your COVID-19 risk. If you cannot register online, please call Service NSW on 13 77 88.
- When positive, you will be required to complete questions or a survey to determine whether you are at risk of severe disease.
- You will also be sent advice on self-isolation and how to look after your illness at home.

Exposure to someone with COVID-19 again

- If you come into contact with someone with COVID-19 within 28 days after you are released, you will generally not need to self-isolate or get a test unless you have symptoms.
See [NSW Health Links & Resources](#) - [Information for People Exposed to COVID-19](#)

If you test positive with a PCR or rapid antigen test:

1. You and your household must isolate immediately for 7 days. If you have symptoms after 7 days, remain in isolation until 24 hours after your symptoms have resolved.
2. Make a list of all places you have been to, and people you have come into contact with 2 days before you started having symptoms or 2 days before you tested positive.
3. Tell people (by phone, text or email) that you have COVID-19. This includes your social contacts, workplace and/or school, as well as venues you have visited.
4. If you are concerned, call your GP, the NSW Health COVID-19 Care at Home Support Line on 1800 960 933 or the National Coronavirus Helpline on 1800 020 080. If symptoms become severe call 000.



How will I know I have COVID-19?

- Most people can use a rapid antigen test (RAT) result to confirm they are positive for COVID-19
- This includes people with symptoms, people who live with someone who has COVID-19, people who have spent a long time with, or interacted closely with someone who has COVID-19, and people who have travelled internationally within the last 14 days
- Only some people are required to get a confirmatory PCR (nose and throat) swab



Managing COVID-19



- If you are at risk of severe disease, you will be linked to NSW Health clinical services.
- If you are under 65, vaccinated, do not suffer from any chronic health conditions, not pregnant, you can safely look after yourself at home.

Most symptoms can be managed with:

- Bed rest
- Good nutrition
- Regular paracetamol and ibuprofen to relieve pain and fevers
- Throat lozenges for a sore throat
- Keeping hydrated with regular sips of water

STAY UP TO DATE FOR NEW CHANGES



Ask your doctor about COVID-19 symptoms and medical treatments

Contact your GP or call the NSW Health COVID-19 Care at Home Support Line on 1800 960 933 if you are at high risk of severe disease.

If you are pregnant and have COVID-19, contact your Doctor



NSW HOSPITALS HAVE SUPPORT SERVICES

- Priority assistance
- NDIS CLIENT, let the hospital staff know
- Write/type questions
- Support person with you
- Support persons can claim expenses



BE COVID-SAFE

- **Life with COVID protocol**
 - Follow these (as per the NSW Health current rules)
- **Delivery** for essentials
 - a priority service is available for NDIS clients
- **Stay connected** – Care for your mental health



HELP

- Talk to your Doctor
- See Resources for full list of support links or Talk to a Pacific Link

SELF-ISOLATION SUPPORT

1. STAY HOME
2. SUPPLIES Order online
3. TELEHEALTH SERVICES
4. ELECTRONIC PRESCRIPTIONS
5. HOME MEDICINES SERVICE



TEST RESULTS REQUIREMENTS

TESTED POSITIVE – if positive, support that live with you will need to self-isolate for 14 days.

CLOSE CONTACT – if a close contact with someone who has COVID-19, or are waiting for a test result, support person don't need to self-isolate, they should wear a mask.

TEST RESULTS – full self-isolation period needed, get retested before you end your isolation period.



“Faith is my road to recovery. God is in the warmth of the sun, the knowledge from the doctors, the tireless efforts of the nurses, the tremendous support from the community, and the love of family. Have faith! Let’s do our part, for a better and safer future” Anonymous

Information for Seniors and Vulnerable People



1 COVID Safe advice for Seniors and those Vulnerable to COVID-19



- Be aware, ask questions and Talk to your Doctor
- NSW Health advises you to limit your activities and outings to protect yourself
- Stay COVID Safe - Practice Life with COVID-19 protocols especially:
 - Get active, go for walks, try and move every hour
 - Eat healthy balanced meals that are wholefoods, fresh and nutritious
 - Drink lots of water
 - Good hygiene
 - Stay in contact with your family and friends
 - Stay up to date with COVID-19 Rules
- Attend all your medical appointments
- Follow the rules that apply when going to church, attending weddings and funerals
- Some residential aged and disability care facilities have restrictions on visitor entry



2 Those who are considered Vulnerable Persons

- People who have a diagnosed chronic medical condition and/or a compromised immune system and can suffer severe effects from COVID-19 and so are advised to be extra safe and protected
- People who live in group residential aged care facility. We can keep these people protected by:
 - Staying in touch virtually
 - Not visiting when you are unwell
 - Conduct your visits outdoors if possible
 - Maintain physical distancing
 - Dropping off essentials if they need support

3 Resources for Seniors and Vulnerable People

- Need help figuring out what is best for you?
- Call Service 13 77 88 for Supports with Groceries, Medication, Financial etc
- NSW Seniors Card provides updates on COVID-19, discounts, and offers for seniors
- Apply for a Seniors Card/ Senior Savers Card to access the above
- See Resources for links to Available supports

HELP



Talk to your Doctor
 Contact the NSW Council for Pacific Communities or a Pacific Link
 National COVID older persons information: 1800 171 866
 OPAN: 1800 237 981
 COVID-19 Disability: 1800 643 787
 National Coronavirus: 1800 020 080
 TIS: 13 14 50 24 hours, 7 days a week
 National Relay Service if you are deaf or have a hearing or speech impairment.
 Service NSW Phone: 13 77 88

Having a COVID-19 vaccine does not mean you will be tracked.



FACT:
 COVID-19 vaccines do not have tiny technology in them, such as: Software and Microchips.

People of all ages can be infected with the new coronavirus (nCoV-2019)

Does the new coronavirus affect older people, or are younger people also susceptible?





VACCINATION

Vaccination, not compulsory for most Australians

But if you work in certain industries, you may need a vaccination.

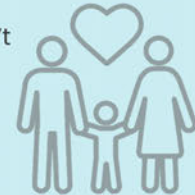
Check NSW Health or your employer for more information.



SUPPORT

Vaccination will not affect Support

If you choose not to have a COVID-19 vaccination, this won't affect your family's eligibility for Family Tax Benefit (FTB) Part A & Child Care Subsidy (CCS).



TRAVEL

Travel and COVID-19 vaccination

Many destinations or work in high-risk environments, may require vaccination. If so, there may be exemptions for people who are unable to be vaccinated.



HEALTH CARE RESPONSIBILITIES

Understand the Risks and Responsibilities

Talk to your Health care Professional if you are ill or have any concerns. Do not be ashamed. Tell them if you are not vaccinated, so that they can provide the best care. Stay up to date with the COVID-19 rules.



EXEMPTION

Vaccination rules do not apply to people who are at your premises to:

- ✓ assist vulnerable members, for e.g a food bank, service providing for the homeless persons
- ✓ purchase food to be consumed off the premises including take away from a food court to eat outside
- ✓ attend a small funeral or memorial service or small wedding service
- ✓ use a click and collect service
- ✓ provide an emergency service
- ✓ auction for food supply, fibre, livestock or crops

Preparing for a Pandemic



1

COVID Planning



- **MAKE** your own Covid-safe plan. See **Resources** for a template to use for your plan
- **SAVE** on your phone and have a hard copy easily accessed
- **PRINT** a copy of the **HOPE Toolkit** and place where easily accessed

Think how you will:

- ✓ Take care of your children or family dependents
- ✓ Access medical services or supplies
- ✓ Get groceries and home supplies
- ✓ Get support services for family dependents who have disabilities
- ✓ Manage work and access to financial support

Contact a service provider, NSW Council for Pacific Communities or a Pacific Link to help with your plan

3

Connecting

STAY connected

- Connect to yourself, be active and try something new that makes you feel good
- Connect with family and friends
- Connect with your spiritual self



4

STOCK UP a 30 day supply and for Medical supplies – ask your doctor



5

COVID-19 Home Care Kit – Managing at Home



Symptom relief such as Paracetamol

Food and drink

2

Communication

Devices

CHECK you have a device (with chargers) to stay in contact with all key persons. This can be your phone, laptop or tablet and ensure you have internet access or adequate data credit ready.



Emergency Contacts

MAKE a list of key contacts – doctor, specialists, family, children, school, work, supports.

SAVE on your phone and have a hard copy

NSW Health COVID-19 Care at Home Support Line 1800 960 933



Phone numbers to your GP and emergency contacts



Thermometer – seek medical help if you are over 39.5°C



Your usual medications & rapid antigen tests if available



Toys for kids

More for the Home Care Kit

Symptom relief: soothers, lozenges, vit C, vit D, zinc, cold n flu tablets, panadol, ice packs, water packs, heat packs

Food and Water: dehydration – Hydralyte sports drinks, icy poles, Non-perishable and plain foods, water, plan for how to get groceries – online orders, friends & family

General: pet food, Include hand sanitizer, cleaning products, toilet paper

Thermometer: Monitor your temperature, Over 38°C – Paracetamol can help, Over 39.5°C – seek medical help

Essentials: Your usual medications – ensure a 2 week supply, Rapid antigen tests (if available) and Toys / Activities for kids (see **Resources** for children activities)

There is **no** scientific evidence to support the usage of Vitamin C in the treatment of COVID-19

Is Vitamin C an effective treatment?



There is **no** published peer-reviewed scientific evidence to support this claim

Does Ibuprofen exacerbate coronavirus?





ROAD TO RECOVERY

- Is different for Everyone
- Many people make a full recovery within 12 weeks, some people do not
- Medical clearance - you will have received a text message or email confirming the end of your isolation period, when no longer infectious
- Always keep the medical clearance notice with you always

SAFETY AND LONG-TERM EFFECTS

Symptoms can persist for longer than 12 weeks, may change over time and new symptoms may develop.

MUST DO:

- Follow the current rules
- Do regular medical checkups
- Discuss ongoing or worsening symptoms with your doctor
- GET tested - if it has been more than three months since you recovered and if you have symptoms
- Routine COVID-19 testing with no symptoms is not recommended, six months post recovery, COVID-19 tests maybe positive for a while. **BUT check the rules prior to travelling interstate**
- **Get your vaccination if you have fully recovered**
- Talk to your doctor if unsure
- Public Health orders require some to be vaccinated
- Get a temporary medical exemption to COVID-19 vaccination from your GP if needed. **Check the rules that apply in your state**



MANAGING RISKS & GRIEF

Exposed to someone with COVID-19 again

If you are in contact with a COVID-19 case in the 6 months following your infection, you will generally not be considered a close contact and will not need to self-isolate or get a test unless you have symptoms.

Grief, Bereavement and Mental health support

- Post COVID-19 can leave you with either grief from loss of a loved one, or grief from psychological after effects like trouble focusing, remembering, depression or anxiety.
You need to:
 - ✓ Tell a health professional
 - ✓ NSW Health has partnered with Sonder to provide a personal wellbeing service, download the free Sonder Wellbeing & safety app

RETURN TO NORMAL ACTIVITIES

Yes you can, with a MEDICAL CLEARANCE!

LIVE Life with COVID-19 protocols especially HYGIENE!

"Let's be kind to each other"

IT is not shameful!

"Thank you for sharing information about the close contact"

"Thank you for wearing a mask"

"Thank you for social distancing"

STOP harassment and violence toward people who are following public health guidelines, have symptoms or recovered from COVID-19

HELP

Speak to your local doctor
See RESOURCES for further help information





SELF CARE APPS



MoodGym

Depression and Anxiety
(psychological/emotional)



My Coping Plan

Healthy Coping Strategies
(psychological/emotional)



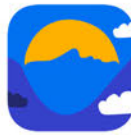
MyGrief

Grief and Bereavement
(psychological/emotional)



MyFitnessPal

Nutrition and Fitness
(physical)



Beyond Now suicide safety plan

Grief and Bereavement
(psychological/emotional)



MapMyRun

Nutrition and Fitness
(physical)



Holy Bible

Spiritual Development
(spiritual)



Recharge

Health and Wellbeing
(psychological/physical)



SuperBetter

Games and Challenges
(motivational)



LinkedIn

Developing new networks
(professional)



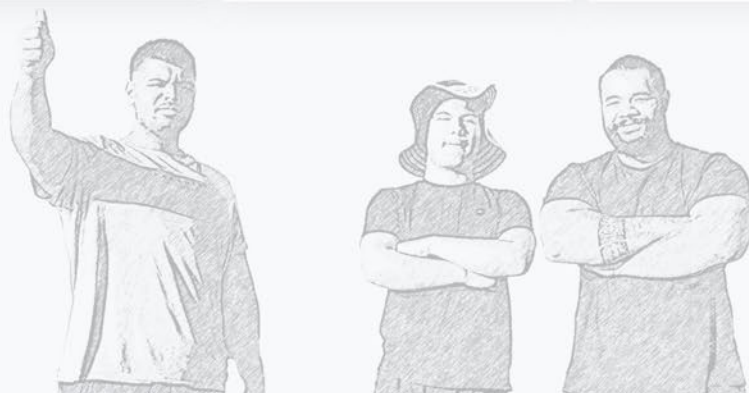
MindShift

Anxiety Relief
(psychological)



WhatsApp

Social connection (social)





MENTAL HEALTH TALANOA (MHT) TOP 5 TIPS TO SUPPORT THE WELLBEING OF YOURSELF AND OTHERS

The following tips are about maintaining your wellbeing with yourself and others in a proactive way. We encourage putting these into practice on a regular basis to help prevent feeling overwhelmed and to support a collective response across your family and community towards an ongoing mental health talanoa.

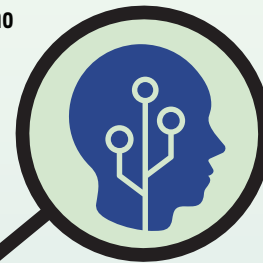


CONNECT WITH YOURSELF

- # Listen to your body and be kind to it
- # Rest, get fresh air, sleep and hydrate

CONNECT WITH OTHERS

- # Create a list of who your support people are
- # Intentionally organise times to catch up via technology or in person



CONNECT WITH ENJOYMENT

- # Do something you enjoy which could be a hobby or recreational activities
- # Nurture Vā through spirituality including church, prayer, meditation, mindfulness and nature



CONNECT WITH SERVICES

- # Reach out to free professional health services including in person and online counselling services and your local Doctor
- # Maintain a relationship with your health professional and the goals you create



CONNECT WITH INFORMATION ABOUT MENTAL HEALTH AND WELLBEING

- # Access reliable information including the Mental Health Talanoa Research and Resources
- # Talk with your support people to share knowledge and information

FOR PROFESSIONAL SUPPORT PLEASE ACCESS



lifeline.org.au
Ph (24/7): 13 11 14



headspace.org.au/eheadspace



kidshelpline.com.au
Ph (24/7): 1800 55 1800

© 2021 Jioji Ravulo, Ursula Winterstein, Shannon Said under the Mental Health Talanoa (MHT) initiative in collaboration with the CORE Pacific Collective COVID-19 Community Response.

Pacific Links & Resources



Core Pacific Collective

NSW Council for Pacific Communities/ chair@nswcpc.org.au

Pacific Women's Professional Business Network Inc/ pacificwomenpbn@gmail.com

Pacific Islands Mt Druitt Action Network/ pimdan2770@gmail.com

Social Work, University of Sydney/ jioji.ravulo@sydney.edu.au

Core Pacific Mental Health Group/ Corepacificcollective@gmail.com

COVID-19 HOPE Toolkit & More Resources

NSW Council for Pacific Communities/Core Pacific Collective

Pacific Links

NAME	ORGANISATION	AREA	Contact
Mal Fruean	NSW Council CPC	NSW	chair@nswcpc.org.au
Donina Va'a	PWPBN INC	NSW	pacificwomenpbn@gmail.com
Maherau Arona	PIMDAN	Western Sydney	pimdan2770@gmail.com
Seini Afeaki	CORE Pacific Mental Health	NSW	Corepacificcollective@gmail.com
Prof. Jioji Ravulo	The University of Sydney	NSW	Corepacificcollective@gmail.com
Iqbal Akhtar	Engage and Empower	South West Sydney	support@engageandempower.com.au
Jaithoon Venkateshwar	Fiji Indian Community	Canterbury-Bankstown & Fairfield	Jaithoon.venkateshwar@gmail.com
Seini Taufua	Tongan Community	Cumberland & Parramatta	staufa1983@gmail.com
Rosaline Parker	NDIS	Blacktown & Penrith	rosalina_parker@hotmail.com
Dr Paniani Patu	The Practice Blacktown	Western Sydney	paniani.patu@bigpond.com
David Harris	Church of the Nazarene / Cumberland City Council	Cumberland & Parramatta	David.Harris@cumberland.nsw.gov.au
Bishop Robert P. Eti	Minchinbury Ward	Western Sydney	robert.pale-eli2@justice.nsw.gov.au

Pacific Doctors

Dr Paniani Patu/ Blacktown Doctors & Medical Centre

Blacktown Mega Centre, Shop F1, 14 St Martins Crescent, Blacktown NSW 2148/ (02) 9636 4611

Dr Olataga Alofivae-Doorbinnia/ Powell Street Medical Centre

76-78 Powell St Yagoona, NSW 2199/ (02) 9707 2383

Dr Ofo-Mei-Vaha Niumeitolu/ United Care Medical Centre

27 John Street, Lidcombe/ (02) 96497201

Dr Shervin Prasad/ Penrith Medical Centre

61-79 Henry St, Penrith, NSW 2750/ (02)4721 8755

Nurturing Vā

RAT Test and COVID-19 Safety <https://www.facebook.com/nswcpc/videos/1041363816646038/> December 16th

Life with COVID19 and OMICRON <https://www.facebook.com/nswcpc/videos/636783360787027/> December 9th

Q & A with Dr Christine Lau <https://www.facebook.com/nswcpc/videos/4511964608882385/> November 25th

Men It's ok to Talk <https://www.facebook.com/nswcpc/videos/1266688453756419/> November 4th

Children and Wellbeing <https://www.facebook.com/nswcpc/videos/2310416442429188> October 21st

Q & A with Dr Jan Fizzell <https://fb.watch/8EuAW3xImF/> October 14th

Well-being Balance <https://fb.watch/8EuHLRX7R8/> October 7th

Pacific Children & learning supports <https://fb.watch/8cPHuidJDJ/> September 23rd

COVID-19 Preparedness and front-line workers stories <https://fb.watch/8cPMz9Sruo/> September 16th

Mental Health <https://fb.watch/8cPQV-zLlt/> September 9th

Health and keeping safe <https://fb.watch/8cPW0FpFDj/> September 2nd

Nurturing Vā with Minister Natalie Ward <https://fb.watch/8cPZFtn5Ti/> August 26th

For more Pacific programs, contact the NSW Council for Pacific Communities

COVID SAFE PLAN

Manage your Health

- ✿ Do a medical checkup/ review/ Telehealth
- ✿ ASK for an electronic prescription
- ✿ Pharmacy home delivery
- ✿ Vital health information to print
- ✿ My Mental and Physical health plan
- ✿ Help if I run out of essentials (food, medication)
- ✿ If one is tested positive, do I isolate at home or elsewhere?
- ✿ Do I have a contact to talk to if anxious or fearful?
- ✿ Social Connectedness - my Connect group
- ✿ Do I have some plans for isolation activities?
- ✿ Coronavirus Helpline **1800020080**, or ask a **Pacific Link**

Living Situation / Ways to protect me

And others at home if we need to isolate from each other

Children

Pets

Financial crisis

Essentials-food, medicine, transport

Work options

✿ **List of current medications. Prepare for at least one month.**

✿ **My Connect Lounge (group of family/ friends and social groups)**

✿ **List of essential supplies**

✿ **Mental/ Physical health wellbeing**

Write any notes here:

✿ **Supports for children struggling at school**

✿ **Daily routine for the children (breakfast, make the bed, reading, play, learning, creative corner, exercise, prayer quiet time, chores**

✿ **Activities for children**

Follow the Life with COVID Protocol

Communication

- ✿ Phone, laptop, or tablet are working
- ✿ Chargers and spares work
- ✿ Internet and extra credit available
- ✿ Go to technology support person

Emergency Numbers

- ✿ My go to list of who to call?
- ✿ Medical emergency 000
- ✿ For COVID-19 symptoms, call doctor or the Coronavirus Helpline 1800 020 080

✿ **Family/ Friend**

1. _____

2. _____

✿ **Pet support**

✿ **Emergency**

✿ **Doctor**

✿ **Technology support**

✿ **School**

✿ **Employer/ Work**

✿ **Service NSW**

✿ **Telstra/ Vodafone**

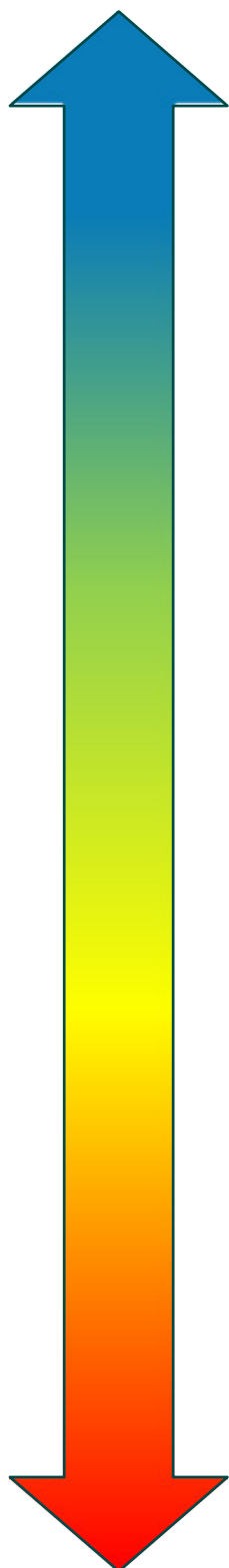
✿ **Electricity**

✿ **Local auto repairer**

✿ **Pacific Service**

✿ **NDIS support**

✿ **Other**



Effective Management of COVID-19 Most Effective- Least Effective	
Management	Management Measures
Elimination Reduce the chances for COVID-19 to be introduced	Vaccination Isolation
Contingency Find alternative ways of providing care that reduce the potential for transmission.	Physical Distancing Telehealth Remote working Online essentials shopping Stay home
Physical Controls Use physical barriers and other forms of hazard reduction for example: ventilation controls, separation	Ventilation and improved air changes Single room ensuite or No use of common area or Contact Public health for accommodation
Administrative controls Effective and consistent implementation of policies & protocols	Audit and feedback Hand hygiene Cleaning and disinfection COVID-19 HOPE tool kit, posters, calendars, contact list, COVID safe plan
PPE	Correct transmission-based precautions, PPE worn when in contact with symptomatic persons

Adapted from Clinical Excellence Commission COVID-19 Infection Prevention and Control Manual for acute and non-acute healthcare settings



7 WAYS TO INCREASE RESILIENCE AND WELLBEING

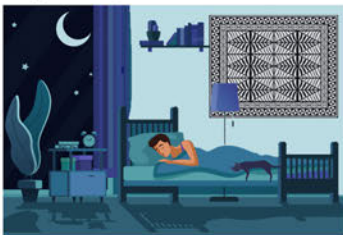
Your health is the first step towards living a happy and meaningful life!

- Life with COVID-19 protocols will protect you, maintaining hygiene disciplines, mask protection, social distancing and getting fully vaccinated
- Strengthening your immune system and building resilience can help reduce risks of contracting, spreading, and suffering from COVID-19

1. SLEEP

Sleep 7-9 hours per night.

Sleep is when your body repairs, renews, refreshes, detoxes (especially your main organs and the BRAIN), fat-burns (yes this is a natural intermittent fasting time).



2. HYDRATION

Drink 2-3 litres of water every day.

We need top hydration for top immune function.



3. SUNSHINE AND FRESH AIR

Getting sunlight means you must get outside.

Getting safe sunlight helps you build Vitamin D levels which is associated with increased autoimmunity and improved susceptibility to infections.



4. EXERCISE AND MOVEMENT

Regular exercise has a notable protective effect against contracting COVID-19 and, regular exercise appears to slash the risk of severe COVID infections or death from COVID-19 (British Journal of Sports Medicine).

Check with your doctor if you have any health concerns before you start any new program. Small and easy movements daily can improve your health significantly.

7. SOCIAL CONNECTION

We are created to socialize with each other.



6. STRESS MANAGEMENT

COVID-19's has increased fear and anxiety for many.

Stress can be an instigator of disease and make it difficult to fight against COVID-19.

Make sure you are aware of stressors in your life and do things to overcome them.



5. HEALTHY EATING

When you eat the right foods, as nature intended, your food becomes your best medicine.



CHECK OUT TIPS FOR THE ABOVE METHODS IN THE NEXT PAGE



7 WAYS TO INCREASE RESILIENCE AND WELLBEING – TIPS

1. SLEEP

- i. Go to bed at the same time every night and wake up at the same time every morning so your body can set a natural circadian rhythm. Even on the weekends!
- ii. **Switch off all screens at least 1hr (even 1/2hr helps) before you go to bed. Dim all your house lights at sundown.**
- iii. Stop caffeine 8 hours before bedtime and avoid alcohol before bed – one of the worst sleep disruptors that affects the brain.
- iv. Have a 20–30 minute bedtime routine that includes a wind-down like a hot shower, meditation, prayer, journaling, a 10 min Yoga stretch routine works, reading books.
- v. Get 5 mins of morning sunlight on your face – this kick starts melatonin production that helps you fall asleep at night.

2. HYDRATION

- i. **Drink 2 glasses water as soon as you wake up – flush out all the toxins from your overnight cellular detox – give your body a wash from the inside.**
- ii. Always have a water bottle with you – Make sure it is a good quality bottle (not plastic if possible).
- iii. Drink about half your body weight in water e.g. if you weigh 60kg, drink 3 litres of water (3,000mils).

3. SUNSHINE AND FRESH AIR

- i. **Get 5 mins morning sunlight on your face – have your morning wake up water/coffee sitting in the backyard on the balcony – in the sun.**
- ii. Get outdoors in the sun, go for walks, do gardening, go to the beach and take in the fresh air.

4. EXERCISE AND MOVEMENT

- i. Do at least 20–30 mins of planned movement each day (this can be a fitness class, a gym session, yoga, or even a simple walk).
- ii. Get an exercise buddy and set a goal of exercising together.
- iii. **Take exercise snacks throughout the day. E.g. do 5 minutes of exercises like Air squats, High Knees, Star jumps, Push-ups, Lunge walking, Yoga, Dancing etc.**
- iv. Build strong muscles – do strength training You can also download a program from the internet – there are many free programs available on YouTube.
- v. Build a strong heart – at least once a week – move so that you are breathing heavy – walk up some stairs or a hill, do some sprints/running, do a dance or HIIT class.
- vi. Find an activity that you love e.g. tennis, fitness class, swimming, hiking, golf, paddle boarding, dancing.

7. SOCIAL CONNECTION

- i. **Stay in contact on a regular basis through phone, Zoom, Skype and where possible picnics and events.**
- ii. Even in your own home, make time to play games with the family (games that are of interest to the children of course).
- iii. **Dinner meals together, device free and have a talanoa session.**

6. STRESS MANAGEMENT

- i. **Daily meditation, yoga, massage, journaling, pray and worship, and quality time with loved ones**
- ii. For instant relief from a stressful moment – drink a glass of water or do 5 mins of movement or do deep breathing exercise (breath in for 5 sec, hold for 5 sec, breathe out for 5 sec, hold for 5 sec and repeat 5 times)
- iii. Our thoughts create our body, every thought affirms or detracts from who we are, learn to self-manage your thoughts and have an affirmation practice
- iv. **Limit exposure to general news sources TV/Radio and social media**
- v. Follow the health tips in this section

5. HEALTHY EATING

- i. **Good portions and healthy proteins (beef, fish, pork, chicken, lamb, shellfish, eggs, cheese) and fats (avocado, olive oil, nuts with loads of fresh vegetables and fruit.**
- ii. **Avoid sugar and sweetened processed foods like donuts, cakes, cookies, ice-cream, coke, sprite etc.**
- iii. Improve gut and cellular health, try fasting. Twice week, fast for 12 hours between your last meal to the next meal. An easy way – eat your last meal at by 7pm, and do not eat again until after 7am the next day.

HEALTHY MIND, HEALTHY HEART



Relationships

Laughter and joy with family and friends



Connecting

With local community groups, religious bodies, support groups



Time

Make regular time for social connections



Work

Work that you find enjoyable



Hobbies

Find new hobbies and interests



Be Positive

Be Positive, look for the goodness in all



Self-care

Tik Tok, Selfie or just take time out for self-care. It is fuel for self!



Sleep

Good sleeps, at least 7-9 hours



Compassion

Be compassionate to yourself!



Be You

Involve in activities and local organisations you like



Forgive

Learn self forgiveness - no one is perfect



Exercise

Do regular physical activity



Nutrition

Eat wholesome, nutritious foods



Reach out

It is OK to reach out to someone or anonymous helplines (see Help)



Device free

Enable device free time



Engage and Empower

PROMOTING YOUR MENTAL FITNESS
engageandempower.com.au



Activities

Organise family fun picnics

Lagi's 14 Day Home Fun Activities

TikTok Movie Challenge

Adults versus children. Create a 10-minute tik tok movie either dance or song. Showcase after dinner. Winner gets the Tik Tik Oscar award.

Hug in a Mug

Give yourself a hug in a mug. Decorate the mug and add all the things that make you happy.

TV Explorer Documentary

Explore either the garden, outdoor area or inside your home. Draw 10 living things that make you happy. Do a TV presentation, make sure you have your props!

Mindful Rainbow Walk

Walk around your home or in the garden and by looking through the windows or outside, what do you see?

Read I am Lupe or Choose a favourite book

Read
Then create your own story book. You can use anything, be creative!

Legends & Myths

Coco Kids segment to learn & enjoy. Animated Legends, Coco Kids Cooking, Language Learning games and more!

<https://www.thecoco.net.tv/cocokids/>

20 faces

Draw 20 faces and fill in the faces with the different types of emotions, start with happy and love.

Time travel

Travel back to try a traditional Game
taulafoga (Samoan), fagogo-Storytelling of Myths and Legends (Samoan), Hiko and Heu (Tongan), Hand game (Maori), Pani (Fiji-indian) (See Pacific Resources for Links)

Visit Museum

Take a virtual tour of the museum. Write a story or draw images of what you loved the most.

See "Virtual tours of Australia's top cultural experiences - Tourism Australia":
<https://www.australia.com/en/things-to-do/arts-and-culture/virtual-tours-of-australias-top-cultural-experiences.html>

Dress Ups

Get a whole heap of adult funky clothes. Now create your own styles and prepare for your own little family runway. Great for an after-dinner family activity.

Photobooth

Set up a GIF/Photo Booth

Grab some costumes, makeup, props, and get ready to have a blast. Feel like your photoshoot needs more? Create your own props!

See "100 at-home activities for kids during self-isolation":

<https://www.simplebooth.com/blog/100-at-home-activities-for-kids-during-self-isolation/>

Family fun Dance-off

Help your kids choose a song Create a dance to go along with it. Then, dance it out!

Alternately, challenge your kids to freestyle and get as silly as possible. Let loose and have fun.



Indoor treasure hunt

Use anything you have lying around to act as "treasure."

Alternatively, you can use our Lolipop Emoji characters (if you have some Lolipops) and hide them!

Self isolation kids activities: 100+ things to do at home
#31DaysOfLearning (kiddycharts.com)

Kids Activity Stations

Let the children choose! Set up 6 stations around the house with a different activity at each station. Then, see how many circuits you and your kids can do in 10 minutes. Here are some activity station ideas: Jumping jacks, Squats Pushups, Planks Hula hoop, Hop on one leg, Frog jumps.

Traditional Games

- ✿ Hiko and Heu www.healthyfamiliesouthauckland.nz/revitalizing-traditional-tongan-games-hiko-heu/
- ✿ Maori Hand Game Tutorial www.youtube.com/watch?v=-wXcm7HfXwE
- ✿ Taulafoga www.traditionalsports.org/traditional-sports/australia-oceania-pacyfic/taulafoga-samoa.html
- ✿ Pani Fiji Fun www.churchofjesuschrist.org/study/friend/1974/03/fiji-fun?lang=eng



- ✿ **What is COVID-19?** A disease caused by a virus called SARS-CoV-2. Although most people get better within weeks of illness, some people experience post-COVID conditions. Post-COVID conditions are a wide range of new, returning, or ongoing health problems people can experience more than four weeks after first infection. Vaccines against COVID-19 are safe and effective.
- ✿ **How is COVID-19 Spread?** 3 Main ways Breathing in air when close to an infected person. Having small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze. Touching eyes, nose, or mouth with hands that have the virus on them.
- ✿ **Are children at risk?** Children can get sick with COVID-19. Most children with COVID-19 have mild symptoms or they may have no symptoms at all (“asymptomatic”). Fewer children have been sick with COVID-19 compared to adults.
- ✿ **When can I be vaccinated after being COVID-19 Positive?** Vaccination can be deferred for up to 6 months as past infection reduces the chance of reinfection for at least this amount of time. However, there is no requirement to delay vaccination. You can choose to be vaccinated if significantly immunocompromised, it’s an employment requirement, and when you have recovered from the acute illness. People with prolonged symptoms from COVID-19 beyond 6 months should be vaccinated on a case-by-case basis. Talk to your Doctor.
- ✿ **Can ALCOHOL prevent COVID-19?** No, drinking alcohol does not protect you from COVID-19 infection
- ✿ **Can WATER drinking prevent COVID-19?** While staying hydrated by drinking water is important for overall health, it does not prevent coronavirus infection.
- ✿ **Does religion permit the use of hand sanitizers?** Manufactured substance to alleviate illness is permitted by the Qur’an, including alcohol used as a medical agent.
- ✿ **Do vitamin and mineral supplements cure COVID-19?** No, Micronutrients, such as vitamins D and C and zinc, are critical for a well-functioning immune system, it is NOT a treatment of COVID-19.
- ✿ **Can we wear MASKS when exercising?** People should NOT wear masks when exercising, as masks may reduce the ability to breathe comfortably. As well, NO, when properly worn, it does not cause CO2 intoxication.
- ✿ **Is there a Cure for COVID-19?** NO, there is none YET
- ✿ **Do Methanol, ethanol or bleach cure COVID-19?** NO, it’s poison. Drinking them can lead to disability and death.
- ✿ **Why do experts give different advice?** Risks can change, and it also is the best evidence available at the time.
- ✿ **What is it like to get tested for COVID-19?** The person will use a cotton bud to take a swab from your nose and throat, it is slightly uncomfortable, the person will tell you what you must do next after asking you a few questions on where you have been and what symptoms you have. You can ask for your results to be sent to an alternative address.
- ✿ **Why is a booster needed?** Studies show that the immunity created by COVID-19 vaccines begins to wane over time. A booster shot strengthens your immune system and helps to maintain a high level of protection against serious illness from the COVID-19 virus.
- ✿ **Who is eligible for a booster shot?** Eligibility for booster vaccination includes people aged 18 years and over who received their second dose of a COVID-19 vaccine 6 months or more ago. People who are immunocompromised and have received a third primary dose of a COVID-19 vaccine are not yet recommended to have a booster (fourth) dose.
- ✿ **Why are people aged 12 – 17 not eligible for a booster when they can get a vaccine?** Booster doses are not currently recommended for those aged under 18 years. In this age group, severe COVID-19 is uncommon, and the primary course of COVID-19 vaccines generates a strong immune response, so the benefit from additional doses of vaccine is likely to be small. In addition, there are currently only very limited data on the safety of repeated mRNA vaccine doses in this age group.

Help Contacts



General Information & Support	Mental Health and Domestic Violence support
<p>Emergency 000 Health Direct 1800 022 222 National Coronavirus Helpline 1800 020 080 Disability Information Helpline 1800 643 787 Service NSW: 13 77 88 National Relay Service 1800 555 660, hearing, deaf, blind or speech impairment Police Assistance Line 131 444 Centrelink 136240 Medicare 132 011</p> <p>Parents & Children Kids Helpline 1800 55 1800 Karitane 1300 227 464 (02) 9794 2350 Parent Line NSW 1300 1300 52 SMS4dads info@sms4dads.com.au 02 4921 6401 PANDA National Helpline 1300 726 306 Child Protection Helpline 132 111</p>	<p>NSW Mental Health Line 1800 011 511 Coronavirus Mental Wellbeing Support Service 1800 512 348 Beyond Blue Helpline 1800 512 348 Lifeline 13 11 14 Primary & Community Care Services New Access 02 9477 8700 Butterfly Foundation 1800 334 673 MindSpot 1800 61 44 34 MensLine Australia 1300 78 99 78 Kids Helpline 1800 55 1800 Suicide Call Back Service 1300 659 467 Beyond Blue 1300 224 636 Headspace 1800 650 890 Men's Referral Service 1300 766 491 Link2home (Homeless/ Family/Domestic Violence) 1800152152 Linking Hearts Multicultural Service 0412 549 524/ 02 9786 4404 National Sexual Assault, Domestic Family Violence Counselling Service 1800 737 732 NSW Poisons Information Centre 13 11 26 NSW Rape Crisis Centre (02) 9819 7357 or 24/7 Counselling 1800 424 017 Surgery Access Line 1800 053 456 Victims Access Line 1800 633 063</p>
LGBTQI + families	Seniors
<p>ACON 1800 063 060 02 9206 2114 Qlife 1800 184 527 Open 3pm to midnight Rainbow Families +61 (0)481 565 958</p>	<p>Dementia Support Australia 1800 699 799 NSW Elder Abuse Helpline 1800 628 221 Dementia Australia 1800 100 500</p>
Young people	
<p>WSU acknowledges that the key aspect to any support for mental health and wellbeing is positive engagement and supportive interpersonal relationships with others.</p> <p>https://www.westernsydney.edu.au/wellbeing_mentalhealth/wbmh</p> <p>https://www.eheadspace.org.au/assets/Uploads/Centres/Mildura/hM-eResources-and-Apps.pdf</p> <p>Top Apps for Young people in care https://create.org.au/top-apps-for-young-people-in-care/</p> <p>Wellbeing tools for students - Beyond Blue https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-students</p> <p>10 Mental health Apps https://headspace.org.au/headspace-centres/lake-haven/10-mental-health-apps/</p> <p>Filled with goodness for mums of older children. https://www.mumlyfe.com.au/</p> <p>Mental health matters https://www.wesleymission.org.au/get-involved/activity/mental-health-matters/</p> <p>Aroha chat - A chatbot for young people to help them manage their worries during the COVID-19 pandemic. Age group: 13–24 years old https://portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial</p> <p>Le Va (NZ based - however extremely informative, innovative, and engaging for young people) https://www.leva.co.nz/</p>	

Disability

COVID-19 Information	<p>Disability Gateway 1800 643 787</p> <p>National Relay Service to access any of the department's contact phone numbers. 1300 555 727</p> <p>National Coronavirus Helpline 1800 020 080 Translating and Interpreting Service (TIS National) 131 450</p> <p>https://www.health.nsw.gov.au/disability/covid-19/Pages/default.aspx</p> <p>https://www.nsw.gov.au/covid-19/stay-safe/protecting/advice-high-risk-groups/disability</p>
Providers unable to get sufficient PPE	Email: MOH-NDIS@health.nsw.gov.au
Making it Simple to Share Important Information - People with Disability	https://www.health.nsw.gov.au/Infectious/covid-19/communities-of-practice/Pages/guide-people-with-disability.aspx
Information and referrals for people with disability and supporters about coronavirus (COVID-19) EASY READ	https://www.dss.gov.au/disability-and-carers/information-and-referrals-for-people-with-disability-and-their-supporters-about-coronavirus-covid-19
Updated guidance for residential disability care facility providers/ in-home care service provider	https://www.health.nsw.gov.au/Infectious/covid-19/Pages/disability-support.aspx
Guidance for home care service providers	https://www.health.nsw.gov.au/Infectious/covid-19/Documents/home-care-service-providers.pdf
Resources for Carers	https://www.nsw.gov.au/covid-19/stay-safe/protecting/advice-high-risk-groups/disability#resources-for-carers
COVID-19 Health Professionals Disability Advisory Service	https://www.health.gov.au/contacts/covid-19-health-professionals-disability-advisory-service

TVH Support

MUSLIM WOMEN AUSTRALIA	<p>Website: www.mwn.org.au</p> <p>Phone: 02 9750 6916 / After hours: 0412 549 524</p> <p>info@mwa.org.au</p>
COMMUNITY MIGRANT RESOURCE CENTRE	<p>Paramatta office</p> <p>Level 4, 1 Horwood Place</p> <p>Parramatta, NSW 2150</p> <p>(02) 9687 9901</p> <p>cmrc_admin@cmrc.com.au</p>
SYDWEST MULTICULTURAL SERVICES	<p>Level 2, 125 Main Street</p> <p>Blacktown NSW 2148</p> <p>(02) 9621 6633</p> <p>(02) 9831 5625</p> <p>info@sydwestms.org.au</p>
SOUTHWEST MULTICULTURAL AND COMMUNITY CENTRE	<p>Website: www.swmacc.org.au</p> <p>(02) 9603 2500</p> <p>040 728 1245</p> <p>mal.frueam@swmacc.org.au</p>



Latest on COVID-19	https://www.nsw.gov.au/covid-19
COVID Safe	https://www.nsw.gov.au/covid-19/stay-safe
COVID-19 rules	https://www.nsw.gov.au/covid-19/stay-safe/rules
Vaccination Booster Vaccination Vaccine finder	COVID-19 vaccination in NSW NSW Government https://www.nsw.gov.au/covid-19/vaccination https://www.health.nsw.gov.au/Infectious/covid-19/vaccine/Pages/booster.aspx Vaccines Clinic Finder (healthdirect.gov.au) https://covid-vaccine.healthdirect.gov.au/eligibility?lang=en
Testing Clinic	COVID-19 testing clinics NSW Government https://www.nsw.gov.au/covid-19/stay-safe/testing/clinics
COVID-19 Data	COVID-19 data and statistics NSW Government https://www.nsw.gov.au/covid-19/stay-safe/data-and-statistics#toc-map-of-nsw-vaccinations-by-home-postcode-and-lga
COVID-19 support	https://www.nsw.gov.au/covid-19/support
Travel and Quarantine	https://www.nsw.gov.au/covid-19/travel-restrictions https://www.nsw.gov.au/covid-19/travel-restrictions/quarantine
Weekly surveillance	COVID-19 weekly surveillance reports - COVID-19 (Coronavirus) (nsw.gov.au) https://www.health.nsw.gov.au/Infectious/covid-19/Pages/weekly-reports.aspx
Special Health Accommodation	Public Health Unit https://www.health.nsw.gov.au/infectious/pages/plus.aspx
Guidelines and factsheets	COVID-19 guidelines and fact sheets - COVID-19 (Coronavirus) (nsw.gov.au) https://www.health.nsw.gov.au/Infectious/covid-19/Pages/isolation-guidelines.aspx
Seniors	COVID-19: Advice for aged care services - COVID-19 (Coronavirus) (nsw.gov.au) https://www.health.nsw.gov.au/Infectious/covid-19/Pages/aged-care.aspx https://www.nsw.gov.au/living-in-nsw/government-services/seniors https://www.myagedcare.gov.au/help-at-home
Translated Resources NSW Health Video Messages	https://www.health.nsw.gov.au/Infectious/covid-19/Pages/resources.aspx https://www.health.nsw.gov.au/Infectious/covid-19/Pages/languages.aspx Fijian resources: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/translated/fijian.aspx Fijian Hindi: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/translated/fijian-hindi.aspx Samoan: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/translated/Samoan.aspx Tongan: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/translated/Tongan.aspx https://covid19inlanguage.homeaffairs.gov.au/
Department of Home Affairs	
COVID-19 Easy Read resources	https://www.health.gov.au/resources/collections/coronavirus-covid-19-easy-read-resources
Providing Healthcare Remotely	https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-advice-for-the-health-and-disability-sector/providing-health-care-remotely-during-covid-19#tele-health-services-Further
Emerging Minds Covid-19 toolkit	https://emergingminds.com.au/resources/toolkits/parents-carers-and-families-toolkit/covid-19/
Mothersafe	https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics/directory/mothersafe
People not fully Vaccinated	https://www.nsw.gov.au/covid-19/business/covid-safe-business/vaccination-rules#toc-people-who-are-not-fully-vaccinated
Public hospital or health service	https://www.health.nsw.gov.au/hospitals/pages/default.aspx
Mental health services/support	https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx
Rainbow Families	Rainbow Families connects, supports and empowers LGBTQI+ families. https://www.rainbowfamilies.com.au/contact_us
Grief	https://coronavirus.beyondblue.org.au/Managing-my-daily-life/coping-with-grief-and-loss https://www.beyondblue.org.au/get-support/newaccess

NSW Health COVID-19 Self-isolation Guideline and Support

Self-isolation is a vital way to stop the spread of COVID-19. People who test positive to COVID-19 on a rapid antigen test or PCR test and their household contacts must self-isolate for 7 days.

This guideline helps explain the current **Public Health (COVID-19 Self-isolation) Order**

(<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/public-health-orders.aspx#isolation>) and should be read in conjunction with the fact sheets:

- **Testing positive to COVID-19 and managing COVID-19 safely at home** (<https://www.nsw.gov.au/covid-19/management/advice-for-confirmed>)
- **Information for people exposed to COVID-19** (<https://www.nsw.gov.au/covid-19/management/advice-for-confirmed>)

What is self-isolation? Self-isolation is when you stay in your home or accommodation away from other people.

Self-isolation means:

- not going to work or school
- not going to any public places (for example shops, parks, beaches)
- not using public transport
- not having any visitors in your home, unless they are providing healthcare, emergency maintenance or emergency services

You are only allowed to leave self-isolation to:

- get a COVID-19 test, seek urgent medical care, avoid an emergency

How do I self-isolate from my household? If you live with other people, you should stay separated from them during your self-isolation period.

Physically distance:

- stay and sleep in a separate room
- use a separate bathroom if available, or clean a shared bathroom after use
- do not be in the same room as another person (even if they are also in isolation)
- not using public transport
- do not share household items including dishes, cups, bedding. After using, wash them thoroughly with soap

Practice good hygiene:

- Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer before entering an area where other people may go, before touching things used by other people, after using the bathroom, after coughing or sneezing, before putting on and after removing face masks, before eating or drinking
- Cover coughs and sneezes
- Regularly clean surfaces (such as tabletops, doorknobs and bathroom fixtures) with household disinfectant.
- Wear a mask in shared areas or when caring for other members of your household
- Take extra care to remain separate from any members of your household who are elderly, immunocompromised or have medical conditions

What if I need to travel home? Travel in a private vehicle, cycle or walk, or use a taxi or ride share service. Do not use public transport or fly. You should wear a face mask and stay 1.5 metres away from other people.

When travelling by vehicle with others, sit in the back seat with the windows open, all wear a face mask that covers your nose and mouth at all times, sanitize your hands before you get into the vehicle.

What if I have shared care arrangements? Moving between households, even for shared caring arrangements, is not recommended.

What support is available while I am in self-isolation? If you have questions about self-isolation contact NSW Health Isolation Support Line on 1800 943 553 or call Service NSW on 13 77 88.

Food and other essential supplies

If you need food or other essential supplies (such as medication) during self-isolation:

- Ask family or friends to pick up supplies as needed and leave them at your door
- Order supplies online
- If you have no other way of obtaining food or other essentials call the NSW Health Isolation Support Line on 1800 943 553

NSW Health website for the latest advice: <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/default.aspx>

Help in your language: For free help in your language, call the Interpreter Service on 13 14 50.

Information for People Exposed to COVID-19

How will I know if I have been exposed to COVID-19?

- NSW Health is focusing on contacting people at highest risk of catching/contracting COVID-19. You may not receive a text message or call from NSW Health after being exposed to a person with COVID-19
- We ask people with COVID-19 to tell the people they have spent time with from the 2 days before they started having symptoms or 2 days before they tested positive (whichever came first) that they have COVID-19
- If you are told by someone that you have been in contact with a person with COVID-19, get tested and isolate

Who is at risk of getting infected?

The risk of infection with COVID-19 increases:

- with the amount of time, you spend with someone who has COVID-19 and how closely you interacted with them
- when you are indoors (the risk is lower if you are outdoors)
- when you do not wear a mask (the risk is much lower if the person you are with also wears a mask)

Vaccination decreases the risk of getting COVID-19, but this protection reduces over time and can be less effective against certain variants of COVID-19, such as Omicron. Booster doses significantly helps to increase this protection, including for the Omicron variant. Vaccination is also important in protecting against severe disease. Everyone should get their booster as soon as they are eligible.

To book your COVID-19 vaccination please visit the **COVID-19 Vaccine Clinic Finder**:

<https://www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-clinic-finder>

How long am I at risk for? After being exposed to someone with COVID-19 you are at risk of getting it for 14 days.

What should I do if I have been exposed to someone who has COVID-19?

About you	Risk of COVID-19	What do I need to do?
I live with someone who has COVID-19 (I am a household contact) For more information, see <i>Getting a COVID-19 Test</i>.	High	Follow the Self-isolation guideline : https://www.health.nsw.gov.au/Infectious/factsheets/Pages/self-isolation-covid-and-close.aspx and self-isolate for 7 days from day you were in contact with the COVID-positive person. Do a rapid antigen test (RAT) immediately and again on Day 6. Do another RAT if you develop symptoms. If negative, you can leave isolation after 7 days. If positive, continue isolation and follow the Testing positive to COVID-19 and managing COVID-19 safely at home advice: https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx Do not visit high-risk settings (healthcare, aged care, disability care etc) for the next 7 days after leaving isolation.
I spent a long time with someone who has COVID-19 for example I stayed overnight at their house, or I spent the evening indoors at the house OR Interacted closely with someone who has COVID-19 with no masks (for example drove a long distance together, looked after children who are now positive).	High	As above
I spent some time with a person who has COVID-19 (for example we had dinner together or met at a pub, club or other social function)	Moderate	Do a rapid antigen test (RAT) immediately and again on Day 6. Do another RAT if you develop symptoms. If you get a positive result, you should continue your isolation and follow the Testing positive to COVID-19 and managing COVID-19 safely at home advice: https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx
I had brief or contact with a person with COVID-19 (for example I dropped off shopping, or we went for a walk outdoors), OR received a case alert in the Service NSW App.	Low	If symptoms occur, have a rapid antigen test (RAT) immediately. If your RAT is negative, self-isolate and do another RAT in 24 hours, or get a PCR test and self-isolate while you wait for your result. If your second test is negative, stay in isolation until your symptoms have gone. If you get a positive result, you should continue your isolation and follow the Testing positive to COVID-19 and managing COVID-19 safely at home advice: https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx



PAYMENT

You may get a payment from Centrelink if you or your family are affected by coronavirus (COVID-19). Visit or call a service centre.

If you need ongoing financial help, you may be able to get a payment such as:

- ✓ JobSeeker Payment
- ✓ Youth Allowance
- ✓ Parenting Payment
- ✓ If you're eligible for a payment from us and are in severe financial hardship

Gather Documents

- ✓ Prove your identity documents
 - ✓ Report your income
- Some payments have income reporting requirements.

State or territory pandemic payment

There may be a state or territory pandemic payment available if you've been affected by coronavirus (COVID-19).

- ✓ Claim a payment

Complete the steps to claim a payment due to coronavirus - see the following link for further assistance:

<https://www.nsw.gov.au/covid-19/support/support-package/renters>

LEGAL AND TENANCY SUPPORT

- ✓ Community Legal Centres NSW offers free legal assistance
- ✓ LawAccess NSW on 1300 888 529 for a free telephone service, with legal information, referrals
- ✓ Tenants' Advice and Advocacy Services for free advice and advocacy for tenants in NSW

- ✓ Aboriginal Tenants Advice and Advocacy Service for information, advice, advocacy and representation services for Aboriginal tenants in NSW
- ✓ NSW Civil and Administrative Tribunal for resolving tenancy disputes
- ✓ NSW Fair Trading to make a residential tenancy complaint

FINANCIAL COUNSELLING SERVICES

- ✓ Provides free financial counselling by accredited counsellors

- ✓ See Resources for List of Financial Counselling services across NSW

TEMPORARY VISA HOLDERS

COVID-19 Emergency Relief Grant for Vulnerable Temporary Visa Holders providing support to those experiencing hardship due to COVID-19 - see Resources for Current List.

For **asylum seekers** (residing in NSW) in crisis during COVID-19 who do not receive assistance from the Commonwealth government, please contact one of the below organisations:

- Asylum Seeker Centre - within Greater Sydney Metro
- Jesuit Refugee Services - within Greater Sydney Metro
- House of Welcome - within Greater Sydney Metro
- Settlement Services International - within Greater Sydney Metro
- The Salvation Army - focusing on regional NSW areas (including Cooma, Narrabri and Newcastle)
- Australian Red Cross Society - focusing on regional NSW areas (Griffith, Leeton, Wagga Wagga, Albury, Deniliquin and Tumut)

eRESOURCES

<https://disasterassistance.service.nsw.gov.au/covid>

<https://www.service.nsw.gov.au/covid-19/financial-support-individuals-and-households>

<https://www.servicesaustralia.gov.au/individuals/subjects/getting-help-during-coronavirus-covid-19/if-you-need-payment>

<https://www.dpi.nsw.gov.au/home/covid-19/managing-primary-production-workforce/covid-19-q-and-a-new-measures-for-temporary-visa-holders>

Financial Counselling Services (Current 2021)

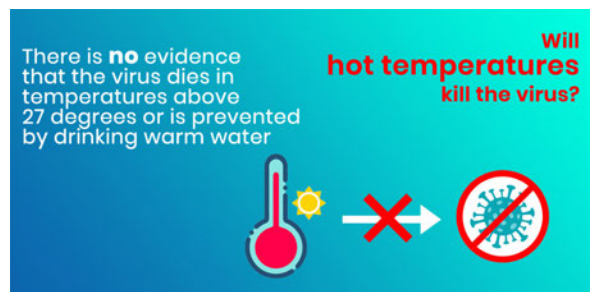
Financial Counselling Service	Address	Phone	Areas Covered
Salvation Army Moneycare South Western Sydney Financial Counselling Service	2 Peppermint Road MACQUARIE FIELDS NSW 2564 51-55 Memorial Avenue LIVERPOOL NSW2170	02 9633 5011	Bankstown, Fairfield, Liverpool, Campbelltown, Camden, Wollondilly
Salvation Army Moneycare Southern Sydney Financial Counselling Service	23 Dalcassia Street HURSTVILLE NSW 2220	02 9585 2030	Rockdale, Kogarah, Hurstville, Sutherland
Salvation Army Moneycare Western Sydney Financial Counselling Service	95 Philip Street PARRAMATTA NSW 2150	02 9633 5011	Auburn, Parramatta, Holroyd, Blacktown, Penrith, Blue Mountains
Wesley Mission Credit Line Financial Counselling Services North Western	Unit 437, 14 Lexington Drive BELLA VISTA NSW 2153	02 4725 9200	Ryde, Ku-ring-gai, Hornsby, Baulkham Hills, Hawkesbury
CatholicCare Diocese of Broken Bay Northern Sydney Financial Counselling	Narremburn Family Centre40 Merrenburn Ave, NAREN BURN NSW 2065	02 8425 8700	Hunter's Hill, Lane Cove, North Sydney, Mosman, Manly, Willoughby, Warringah, Pittwater
Inner Western Sydney Financial Counselling Service	Ashfield Community Hub Suite 1, 206 Liverpool Road ASHFIELD NSW 2131	02 9789 3744	Canterbury, Marrickville, Ashfield, Leichhardt, Canada Bay, Strathfield, Burwood
Wesley Mission Credit Line Financial Counselling Services Inner Sydney	Level 3, 220 Pitt Street SYDNEY NSW 2000	02 9263 5577	Sydney City, Botany Bay, Woollahra, Waverley, Randwick
Far North Coast Region Financial Counselling Network	Suite 2, Level 1, 114 Keen Street LISMORE NSW 2480	02 6622 2171	Tweed, Lismore, Byron, Ballina Richmond Valley, Clarence, Valley, Kyogle
Mid North Coast Region Financial Counselling Service	Kemp Street KEMPSEY NSW 2440	02 6562 8300	Coffs Harbour, Bellingen, Nambucca, Kempsey, Hastings, Greater Taree, Grafton
Lower/ Upper Hunter Region Financial Counselling Service	Community Centre Arthur Street RUTHERFORD NSW 2320	02 4932 9777	Greater Lakes, Dungog, Port Stephens, Newcastle, Lake Macquarie, Cessnock, Maitland Gloucester, Upper Hunter, Liverpool Plains, Muswellbrook, Singleton
Central Coast Region Financial Counselling Service	2 Pandala Road NARARA NSW 2250	02 4329 4477	Wyong, Gosford
Illawarra Region Financial Counselling Service	7 Greene Street WARRAWONG NSW 2502	02 4276 1939	Wollongong, Shellharbour, Kiama, Shoalhaven
Far South Coast Region Financial Counselling Service	Unit 3, 24-26 Ford Street MORUYA NSW 2537	02 4474 0891	Eurobodalla, Bega Valley, Cooma-Monaro, Bombala
Anglicare Riverina Lower South Western Regional Financial Counselling Service	6 Church Street WAGGA WAGGA NSW 2650	02 6937 1555	Snowy River, Tumut, Tumbarumba, Gundagai, Harden, Cootamundra, Junee, Temora, Coolamon, Wagga Wagga, Greater Hume, Albury, Corowa, Urana, Lockhart
The Salvation Army Moneycare Goulburn Region Financial Counselling Service	6 Hovell Street GOULBURN NSW 2580	02 6247 1340	Wingecarribee, Goulburn- Mulwaree, Pelerang, Queanbeyan, Upper Lachlan, Yass Valley
The Salvation Army Moneycare Murray Region Financial Counselling Service	1740 Brobenah Street LEETON NSW 2705	02 6247 1340	Murray, Berrigan, Wakool, Deniliquin, Conargo, Jerilderrie, Narranderra, Leeton, Murrumbidgee, Hay, Carrathool, Griffith
Lifeline Dubbo/Mid West Region Financial Counselling Service	293a Stewart Street BATHURSTNSW 2795	02 6331 7334	Mid-Western, Wellington, Dubbo, Narromine, Warren, Coonamble, Gilgandra, Warrumbungle
Lifeline Central West Region Financial Counselling Service	293a Stewart Street BATHURSTNSW 2795	02 6331 7334	Lithgow, Oberon, Bathurst, Orange, Blayney, - Boorowa, Cowra, Cabonne
Centacare Forbes and Parkes Region Financial Counselling Service	134 Lachlan Street FORBES NSW 2871	02 6889 4932	Young, Wedding, Forbes, Parkes, Lachlan, Bland
Lifeline Broken Hill Region Financial Counselling Service	194 Argent Street BROKEN HILLNSW 2880	08 8087 7525	Broken Hill, Unincorporated Far West, Central Darling, Wentworth, Balranald
Centacare Far West Region Financial	20 Richard Street BOURKE NSW 2795	02 6889 4932	Bourke, Cobar, Brewarrina, Bogan, Walgett
The Salvation Army Moneycare Tamworth/Northern Plains Region Financial Counselling Service	328 Goonoo Goonoo Road TAMWORTH NSW 2340	6771 4010	Moree Plains, Narrabri, Gunnedah, Gwydir, Inverell, Uralla, Tamworth/ Walcha, Armidale-Dumaresque, Guyra, Glen Innes, Tenterfield

Box 1: People with the following immunocompromising conditions and therapies for which a 3rd primary dose is recommended

- TALK TO YOUR DOCTOR
- Active haematological malignancy
- Non-haematological malignancy with current active treatment including chemotherapy, radiotherapy, and/or hormonal therapy, but excluding immunotherapy with immune checkpoint inhibitors
- Solid organ transplant with immunosuppressive therapy
- Haematopoietic stem cell transplant (HSCT) recipients or chimeric antigen receptor T-cell (CAR-T) therapy within 2 years of transplantation



- These patients require **revaccination with 3 additional doses** of COVID-19 vaccine, irrespective of doses given prior to transplantation, commencing generally $\geq 3-6$ months after their transplant after discussion with their treating specialist
 - Those beyond 2 years from transplant should discuss with their treating specialist about the need for a 3rd dose
- Immunosuppressive therapies including:
 - High dose corticosteroid treatment equivalent to $>20\text{mg/day}$ of prednisone for ≥ 14 days in a month, or pulse corticosteroid therapy
 - Multiple immunosuppressants where the cumulative effect is considered to be severely immunosuppressive
 - Selected conventional synthetic disease-modifying anti-rheumatic drugs (csDMARDs):
 - including mycophenolate, methotrexate ($>0.4\text{ mg/kg/week}$), leflunomide, azathioprine ($>3\text{mg/kg/day}$), 6-mercaptopurine ($>1.5\text{ mg/kg/day}$), alkylating agents (e.g. cyclophosphamide), and systemic calcineurin inhibitors (e.g. cyclosporin, tacrolimus)
 - excluding hydroxychloroquine or sulfasalazine when used as monotherapy
 - Biologic and targeted therapies anticipated to reduce the immune response to COVID-19 vaccine:
 - including B cell depleting agents (e.g. anti-CD20 monoclonal antibodies, BTK inhibitors, fingolimod), anti-CD52 monoclonal antibodies (alemtuzumab), anti-complement antibodies (e.g. eculizumab), anti-thymocyte globulin (ATG) and abatacept
 - excluding agents with likely minimal effect on vaccine response such as immune checkpoint inhibitors, anti-integrins, anti-TNF- α , anti-IL1, anti-IL6, anti-IL17, anti-IL4 and anti-IL23 antibodies
- Primary immunodeficiency including combined immunodeficiency and syndromes, major antibody deficiency (e.g., CVID or agammaglobulinemia), defects of innate immunity (including phagocytic cells), defects of immune regulation, complement deficiencies and phenocopies of primary immunodeficiencies.
- Advanced or untreated HIV with CD4 counts $<250/\mu\text{L}$ or those with a higher CD4 count unable to be established on effective antiretroviral therapy
 - a 3rd primary dose isn't required for those living with HIV, receiving ART with CD4 counts $\geq 250/\mu\text{L}$ Long term haemodialysis or peritoneal dialysis



Acknowledgements



The Core Pacific Collective would like to express our deep gratitude to the following contributors for their patient guidance, sincere commitment, passionate encouragement, and valuable critiques.

Funding Body		Multicultural NSW	
NSW Health		Dr Jan Fizzell	
NSW Multicultural Health Communication Service		Lisa Woodland	
Technical Expert Advisory Group		Community Reference Group	
Dr Jan Fizzell	Senior Medical Advisor, NSW Health	Professor Jioji Ravulo	USYD/ Mental Health Talanoa
Lisa Woodland	Director, NSW Multicultural Health Communication Service	Maherau Arona	Chair, Pacific Islands Mt Druitt Action Network
Joseph La Posta	CEO, Multicultural NSW	Reverend Alimoni Taumoepeau	Uniting Church
Seini Afeaki	Chair, CORE Pacific Mental Health Group	Susan	Mother Community Member
Selena Afeaki	CEO, Crunch Fitness		
Mal Fruean	Chair, NSW Council for Pacific Communities	David Harris	Church of the Nazarene, Cumberland City Council
Menime Tanuvasa Lene	Australasia College of Infection Prevention and Control (ACIPC). Former WHO Adviser COVID-19 Preparedness / Response in the Pacific.	Betty Amotawa-Hohepa	Cultural Engagement Briar Rd PS and Campbelltown PS Tasman Sea School
Iqbal Akhtar	CEO, Engage and Empower	Rebecca Sang Yum	Young person, Community Member
Reverend Mata Havea HiliaU	Moderator Elect of the NSW and ACT Synod, Uniting Church	Jaithoon Venkateshwar	Bilingual Community Educator, Fiji Indian Community
Dr Paniani Patu	General Practitioner, The Practice Blacktown NSW	Mark Tonga	Disability Advocate
Caroline Thelma Vuki	Deputy Principal, Rooty Hill High School	Moera Tufunga	Social Worker, Western Sydney University
Donina Va'a	Chair, Pacific Women's Professional Business Network Inc	Bishop Robert Pale-Eti	Bishop, Minchinbury Ward
		Rosaline Parker	NDIS

Editing

Selena Afeaki, CEO Crunch Fitness

Mental Health Resource

Professor Jioji Ravulo

Well-being Tips

7 Ways to Increase Resilience and Well-being: Selena Afeaki, CEO Crunch Fitness

Healthy Mind, Healthy Heart: Iqbal Akhtar, Director, Engage and Empower

Lagi's 14 Days Home Fun Activities: Donina Va'a, Service Manager, Linking Hearts

Graphics Design & Proofreading

MR Solutions

Technical Experts Advisory Group Facilitation

Seini Afeaki

Community Reference Group Facilitation

Professor Jioji Ravulo

References



Confirmed cases of COVID19 – Fact sheets ([nsw.gov.au](https://www.health.nsw.gov.au))

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx>

<https://www.hopkinsmedicine.org/coronavirus/covid-19-vaccine/>

COVID-19 advice for people with disability

Links to information and resources for people with disability and carers about COVID-19 (coronavirus).

<https://www.nsw.gov.au/covid-19/stay-safe/protecting/advice-high-risk-groups/disability>

COVID-19 and Stigma

<https://publichealth.jhu.edu/2021/covid-19-and-stigma>

COVID-19 Economic Recovery Strategy/ A brighter future for NSW

<https://www.nsw.gov.au/covid-19/economic-recovery-strategy>

COVID-19 Personal Preparedness: Infographic

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid19-personal-preparedness-infographic>

COVID-19 vaccination – What is the COVID-19 vaccine? – Easy Read | Australian Government Department of Health

People with COVID19 symptoms – Fact sheets ([nsw.gov.au](https://www.health.nsw.gov.au))

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/isolation-guidelines.aspx>

COVID-19 vaccination in NSW | NSW Government

<https://www.nsw.gov.au/covid-19/vaccination>

<https://www.nsw.gov.au/covid-19/vaccination/get-vaccinated/boosters>

Vaccines Clinic Finder ([healthdirect.gov.au](https://www.healthdirect.gov.au))

Grief and Bereavement

<https://www.yourcovidrecovery.nhs.uk/your-wellbeing/grief-and-bereavement/>

MythBusters

Mythbusters ([who.int](https://www.who.int))

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Supporting your recovery after COVID-19

<https://www.yourcovidrecovery.nhs.uk/>

Welcome to Country & Acknowledgement of Country – Creative Spirits, retrieved from

<https://www.creativespirits.info/aboriginalculture/spirituality/welcome-to-country-acknowledgement-of-country>