

# CARING COMMUNITIES DURING CORONAVIRUS



Latrobe Health  
Assembly

Shaping  
The Valley

## What does a kind and caring community look like right now?

That all depends on the level this situation has affected you, your family and friends. Are you...

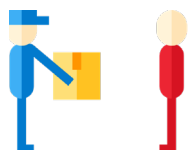
### Healthy but cautious

- ✓ Look out for others; phone your friends and family
- ✓ Check in with your neighbours
- ✓ Be kind and considerate
- ✓ Offer practical support in your neighbourhood
  - Using the zero contact approach
  - Walking a neighbour's dog
  - Putting bins out for others
  - Watering a neighbour's garden
  - Setup technology
- ✓ Connect your neighbourhood, street
- ✓ Buy only what you need, share what you don't

### Feeling increasingly vulnerable

- ✓ Let people know how you're feeling
- ✓ Let people know what you need
- ✓ Accept offers of support (request zero contact delivery)
- ✓ Embrace technology
  - Arrange 'watch parties'; watch movies and TV while connected to friends and family on phone or video chat
  - Video chat meetings, cooking sessions and book clubs
- ✓ But not too much
  - Go out for a walk but maintain social distancing
  - Chat with neighbours over the fence

#### Zero Contact Approach



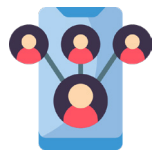
Maintain at least 2 metres between deliverer and recipient at all times.

#### Setup Technology



This can include email, video messaging, internet streaming services, social media.

#### Connecting Neighbourhood



Share contact details, setup social media group, provide details of what you can share.



FOLLOW US ON FACEBOOK FOR MORE TIPS ON HOW YOU CAN STAY SOCIALLY CONNECTED WITH YOUR COMMUNITY

### Prescribed self isolation

- ✓ Let people know that you are self-isolating
- ✓ Consider crisis support
- ✓ Stay connected
- ✓ Stay healthy by eating nutritious food and increasing your water intake

DHHS Hotline

1800 675 398

If you suspect that you may have the coronavirus disease (COVID-19)

Lifeline

131114

Crisis and mental health support

Beyond Blue

1300 22 4636

Issues associated with depression, suicide and anxiety disorders