

## COVID-19 Staying Safe in Rural and Remote Communities

This storyboard is designed to explain how you can help protect your loved ones from rural and remote communities.

**Frame 1:** Older people from an Aboriginal or Torres Strait background are more at risk of developing complications if they get COVID-19. To help stay safe it is recommended that older people remain in their home communities as much as possible and only go out if they really need to. This means they are less likely to come in contact with someone with the disease.



**Frame 2:** It is best to use cards to pay for food and other items rather than cash. The live virus can remain on paper money for many days and this can be how the virus could get spread around. Wash your hands after going to the store even if you have used a card.

**Frames 3:** COVID-19 is spread very easily between people and often it is a number of days before an infected person shows any symptoms. This means that there may be a time when someone is spreading the virus without realising it.

For example, a person might meet up with someone from outside the community and pick up the virus, perhaps from something they touched or from breathing in the virus particles if someone sneezed or coughed near them.

They can accidentally spread the virus to others in the community because they are infectious.

**Frame 4:** It can be hard not to share things with others, but this is how the virus can spread through a community.

Don't share cigarettes (smokes) or tobacco if you are a smoker. Don't eat off the same plate as someone else or drink out of the same can or bottle with another person. This can keep you and others safer.

**Frame 5:** It is important to show respect and sometimes you might want to go to places where there will be lots of people gathered together. This can be dangerous for older people as people might not be able to stay separated enough and the virus can spread more easily from one person to another. Instead you might want to find other ways of attending large gatherings.

**Frame 6:** It's also important to keep your home clean.

Wipe down benches and door handles with disinfectants and wash plates and cups regularly with detergents. This can help kill the virus and keep everyone in your home safer.