Help make the Crows Nest Centre

COVIDSafe

Greetings

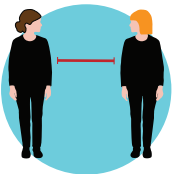- Welcome people without shaking hands or other physical greetings

Coughs and sneezes

- Cough or sneeze into your arm
- Use a tissue
- Bin your tissue

Hand hygiene

- Regularly wash your hands with soap and water for 20 seconds or
- Use alcohol-based (70%+ is best) hand sanitiser

Physical distancing

- Keep 1.5 metres apart from other people
- Adhere to the maximum number of people allowed in each room (one person per four square metres)

Get the App

- Download the COVIDSafe App to your mobile phone

If you're unwell

- Stay at home if you are unwell
- Seek a COVID-19 test if you have a fever, cough, sore throat or shortness of breath

Look out for yourself and others

- If you or a close contact have a suspected or confirmed case of COVID-19 advise the Crows Nest Centre as soon as possible

Mental health is important too

- If you've been finding the going tough it may help if you minimise your exposure to the news, stick to a routine, keep physically active, eat well, connect with others and seek support if you're feeling anxious, isolated or depressed

No one wants the flu on top of the pandemic

- If you haven't done so already get an influenza vaccination at your GP or chemist

Useful contacts

Crows Nest Centre 9439 5122
(weekdays 8.30am to 4pm)

National Coronavirus Helpline
1800 020 080 (24 hours, 7 days a week)

Older Persons COVID-19 Support Line
1800 171 866 (weekdays 8.30am to 6pm)

Beyond Blue 1300 22 4636
(24 hours, 7 days a week)

Lifeline 13 11 14
(24 hours, 7 days a week)

Crows Nest Centre
Connecting Our Community