

# Stay healthy



## **COVID-19 Precautions**

### **Protecting yourself from COVID-19**

[https://www.coronavirus.tas.gov.au/\\_data/assets/pdf\\_file/0027/86760/Protect\\_Yourself\\_Protect\\_Others.pdf](https://www.coronavirus.tas.gov.au/_data/assets/pdf_file/0027/86760/Protect_Yourself_Protect_Others.pdf)

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### **Hand washing procedure**

[https://www.coronavirus.tas.gov.au/\\_data/assets/pdf\\_file/0035/86759/Hand\\_Washing\\_Procedure\\_-\\_COVID-19\\_Fact\\_Sheet.pdf](https://www.coronavirus.tas.gov.au/_data/assets/pdf_file/0035/86759/Hand_Washing_Procedure_-_COVID-19_Fact_Sheet.pdf)

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### **Advice for older people**

[https://www.health.gov.au/sites/default/files/documents/2020/04/coronavirus-covid-19-information-for-older-australians\\_1.pdf](https://www.health.gov.au/sites/default/files/documents/2020/04/coronavirus-covid-19-information-for-older-australians_1.pdf)

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### **Making Sense of COVID-19 – LGBTIQ and HIV Communities**

<https://www.afao.org.au/our-work/coronavirus-covid-19/factsheet/>

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### **Resources in other languages**

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/translated-coronavirus-covid-19-resources>

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### **Resources for Aboriginal & Torres Strait Islander people**

<https://www.health.gov.au/resources/collections/coronavirus-covid-19-resources-for-aboriginal-and-torres-strait-islander-people-and-remote-communities>

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## **Safely receiving home services during COVID-19**

Online webinar

[https://vimeo.com/403526386?ref=fb-share&fbclid=IwAR1LCt6dAsyk2bfDzG1JpTmZB4RpjD8mm0uxlBSXu1ckALNCJy\\_sVnSEgss](https://vimeo.com/403526386?ref=fb-share&fbclid=IwAR1LCt6dAsyk2bfDzG1JpTmZB4RpjD8mm0uxlBSXu1ckALNCJy_sVnSEgss)

## **Minimise COVID-19 risk while shopping**

<https://www.abc.net.au/news/2020-03-31/coronavirus-supermarket-risk-covid-19/12103374>

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## **MyAusCovid-19 app**

A multilingual COVID-19 information app. Free to download from the App Store and Google Play

<https://www.myauscovid-19.org.au>

## ***Mental health & wellbeing supports***

### **QLife**

QLife provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships (3pm – midnight daily)

Phone 1800 184 527

Webchat and other resources:

<https://qlife.org.au/>

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### **Lifeline Tasmania service 1800 98 44 34**

Provides information on the resources available to support those impacted by the unprecedented changes in the way Tasmanians go about their daily lives, including social isolation, loss of employment, the impact on mental health, the financial challenges and, in the case of health professionals, working in a high-risk environment.

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### **Lifeline**

Phone 13 11 14

Webchat and other resources:

<https://www.lifeline.org.au/tasmania/tasmania-home>

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**Routine cleaning advice for COVID-19**

[https://www.health.gov.au/sites/default/files/documents/2020/04/coronavirus-covid-19-information-about-routine-environmental-cleaning-and-disinfection-in-the-community\\_0.pdf](https://www.health.gov.au/sites/default/files/documents/2020/04/coronavirus-covid-19-information-about-routine-environmental-cleaning-and-disinfection-in-the-community_0.pdf)

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**Beyond Blue**

COVID-19 Support resources

<https://coronavirus.beyondblue.org.au/>

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**Australian Psychological Association –**

Coronavirus (COVID-19) information for Australians:

Various information sheets about coping with anxiety and staying mentally healthy

<https://www.psychology.org.au/COVID-19-Australians>

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**The Blackdog Institute**

Coronavirus: Resources for anxiety, stress & wellbeing

<https://www.blackdoginstitute.org.au/coronavirus-anxiety-resources>

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**Head to Health**

COVID-19 Support

<https://headtohealth.gov.au/covid-19-support/covid-19>

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**National LGBTI Health Alliance**

COVID-19: Individual and community care for LGBTI people

<https://lgbtihealth.org.au/covid-19-individual-and-community-care-for-lgbti-people/>

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**Council of the Aging Australia**

<https://www.cota.org.au/information/covid19/#mentalhealth>

**Health Direct**

<https://www.healthdirect.gov.au/coronavirus>

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**Mentally Well** FREE series. This series will help you learn some simple skills and tips to support you and those around you look after your mental health during isolation, and for the future. You can expect to get a better understanding of mental health and what it means, learn about stress management, mindfulness, and find out about online tools.

Wednesday morning at **10am**

<https://us02web.zoom.us/j/88994707902>

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### **Care2Serve**

Care2Serve is the Tasmanian provider of the National Carer Gateway support services for carers

<https://care2serve.com.au/#>

## ***Fitness***

### **Strength for Life (Strength and balance for over 50s)**

[https://www.youtube.com/watch?v=xR1iKfCiiNo&list=PLMo7gORxrRhVmzpxE7a1\\_qvCTzIjm-w2V](https://www.youtube.com/watch?v=xR1iKfCiiNo&list=PLMo7gORxrRhVmzpxE7a1_qvCTzIjm-w2V)

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### **Find your 30**

(minutes) online challenge!

<https://www.sportaus.gov.au/findyour30/challenge>

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### **This Girl Can**

Home Bollywood lesson

<https://youtu.be/XsDdvydnDq0>

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### **Women's Health Tasmania**

Gentle exercise and mindfulness classes.

<https://www.facebook.com/Womens-Health-Tasmania-106238739430050/>

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