



COVID-19 Information for the Indigenous Kidney Community

Key Points (for further information, refer to resources listed on page 2)

Prevention

- Hand washing and adopting good personal hygiene habits
- Social distancing (i.e. staying 1.5 metres away from others)
- Staying at home as much as possible

Worry time

- Talk to your doctor or hospital staff
- Kids Helpline: 1800 55180
- Beyond Blue: 1300 224 63
- Lifeline Australia: 13 11 14
- Australian Psychological Society: <https://www.psychology.org.au/COVID-19-Australians>

Transplant mob

- Make sure your contact details up are to date
- Talk to your kidney doctor or transplant unit
- Speak to your work about your concerns
- If you need groceries or medicine, ask a family member to deliver to your home

Medications

- Keep taking your medication as prescribed
- Talk to your doctor if you have any concerns about your current medication and scripts
- Make sure you have 2 weeks' worth of your medication at home
- Talk to your regular pharmacy about having your medications delivered

Dialysis mob

- Continue to turn up for treatment as per your usual schedule
- Talk to your dialysis nurse to find out more about your unit's policies on COVID-19 and how your safety is being prioritised
- If feeling unwell, ring ahead
- Identify transport options that will enable you to get to appointments safely (i.e. private car rather than public transport, if possible)

Resources for further information

Kidney Resources

- *Kidney Health Australia*
 - <https://kidney.org.au/about-us/news/coronavirus-covid-19>
 - <https://www.facebook.com/KidneyHealthAust/videos/3411885785493548/>
- *Kidney Health helpline*
 - 1800 454 363
- *Transplantation Society of Australia and New Zealand*
 - *FAQs for Transplant Patients:* <https://www.tsanz.com.au/TSANZ%20FAQs%20%20Advice%20-%20COVID-19%2023%20March%202020-1.pdf>
 - *Latest Updates:* <https://www.tsanz.com.au/Website%20Update%20-%20COVID-19%20as%20at%2025%20March%202020.pdf>
- *Transplant Australia*
 - <https://www.tsanz.com.au/Transplant%20Australia%20Release%20on%20Donation%20and%20Transplantation%20and%20Coronavirus%20March%202020.pdf>

Government Resources

- 24/7 COVID-19 helpline
 - 1800 020 080
- Dedicated Department of Health website
 - <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Aboriginal and Torres Strait Islander Resources

- *NACCHO*
 - <https://www.naccho.org.au/home/aboriginal-health-alerts-coronavirus-covid-19/>
- *How you mob can help during the Coronavirus*
 - <https://www.facebook.com/NITVAustralia/videos/664351347712495/>
- *Blackfella Fitness – NITV*
 - https://www.facebook.com/NITVAustralia/videos/539546450098558/?_tn_=%2CdkC-R&eid=ARAX80JvE9VXWUxud8M8Dcu20CjYePBoF5JvQJ0ypQUO_qw92ICVHhL0fm0fSab-q047-roHDsXnAK3&hc_ref=ARRaph8uUob5C6wwx7LW1MZTrSvpVD3OvCz4yFP3CnaLVSuHfzOmfq_Oy8yO6cigWss
- *Living Black COVID-19 Special*
 - <https://www.facebook.com/NITVAustralia/videos/2871780469567286/>
- *Ngaarda Media – Goodbye Corona, Handwashing Parody from Ieramagadu*
 - https://www.facebook.com/NgaardaRadio/videos/519503388989589/UzpfSTExMjKxMTcwODY6Vks6MjMzNjM1NzA3ODMzNDgw/?q=akction%3A%20aboriginal%20kidney%20care%20together%20-%20improving%20outcomes%20now&epa=SEARCH_BOX

Translated Information

- <https://secure.nt.gov.au/alerts/coronavirus-covid-19-updates/recordings-in-aboriginal-languages>

Stay at home unless:

- You need to get food or medicine.
 - You need to get medical help.
 - You are going to work.
- You are taking children to school or daycare.
- You are caring for someone who needs help.
 - You are going outside to exercise (ideally alone, or with a small number of people who live with you).

If you are sick, or have been told to self isolate, there is no 'unless'. Stay home.

#KEEPOURMOBSAFE

WHO NEEDS FACE MASKS?



if you have COVID-19



caring for someone with COVID-19



frontline healthcare workers



healthy people

Masks are likely to make little difference if you're just walking around in public.

Adjusting them might even cause you to touch your face more often.

Homemade masks should be seen as a last resort.



abc.net.au/coronavirus

ABORIGINAL HEALTH NEWS ALERT



Aboriginal Health and Corona Virus News Alert No 24 March 31



Management plan for Aboriginal and Torres Strait Islander response plan for COVID-19 released

Lowitja

WHO – COVID

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#StopTheSpreadofCoronaVirus

