



Mawarnkarra
HEALTH SERVICE
ROEBOURNE WA

COVID-19 & ROEBOURNE RESTRICTIONS

For more info about Covid-19 visit:
www.mawarnkarrahealthservice.org.au

We're in this together!

A lot of us are feeling no good and worried right now with everything happening.

We don't know exactly what COVID-19 (the virus) means for us and our families and it's confusing when everything changes all the time.

Here at Mawarnkarra, we are working hard every day to keep our community safe. We are here for you and we won't be leaving you. We have smart doctors and nurses and all our staff are working together to make sure this virus doesn't reach our community. Together, we will come through this.



BUT FOR THIS TO HAPPEN, WE NEED YOUR HELP.

We need your help to follow the rules that the government has set for us. The W.A government has said we are in a state of emergency.

Stay Home

Everyone needs to stay home. Stay home with your family and don't let visitors come over right now.

You should only be leaving the house for really important things like medical appointments or food shopping.

MHS can help you get your shopping done. If you need support please call [91820851](tel:91820851).



We are currently doing most medical appointments by phone. We can do all your health checks and medication reviews by phone and organise your webster packs without you needing to attend the clinic. We can even offer counselling sessions over the phone if you are feeling anxious or sad at this time. Call our clinic on **91820851** and make an appointment with a doctor or nurse and if we need to see you in person we will organise this with you.

Be Extra Careful

If you're Aboriginal or Torres Strait Islander and you're over 50 years of age, we need you to be extra careful. If you can work from home, your boss should be letting you. Other people can leave the house to go to work if they are considered an essential worker. Otherwise, you should be working from home too. If you do need to leave the house to go to work, then you need to go to work and come straight home.

You can leave the house to go food shopping. You need to go alone though and it's best if you're sick that you get someone else who is well to go to the shops for you. If you're over 50, ask another family member to go get your shopping as shops are where lots of germs are. The more contact you have with people, the more chance you have of getting the virus.

Call for Assistance

You can call Mawarnkarra to ask for assistance to get your shopping done if you need some help. We may be also able to assist you with the collection of your online food shopping. This means that you will pay for your shopping and we will collect for you and drop it to your home.

MHS can help you get your shopping done. If you need support please call **91820851.**



Do's and Don'ts

If you don't live in a community, you can't go visit your family there right now either. Call them up and have a yarn on the phone instead.

You can go for a walk around if you need to clear your head. But just go with one other family member. The more people in one spot, the more the virus can infect us.

Wash your hands when you remember. Do it often. Get your kids to wash their hands too. Make sure if you cough, that you cough in to your elbow.

You can't go on your holiday right now. Stay within Roebourne or your community. When all this is over, you can go on a long holiday but right now we can't leave the Pilbara. The government is strict about this. Big fines may happen if we don't follow the rules. Save that money for your future holiday and listen to what they are telling us.

Make sure when you see people, you stand a few metres away from them. We can catch the virus if we stand too close to people. This is called **social distancing** and it's one of the rules set that will keep us most safe.



Public Gatherings

Right now, we can't get married with more than five people.

Also, our funerals are affected as we can only have ten people. We know this is sad, we are sad about this too.

Our children can't go out by themselves and play with friends or go to the park or walk around town. They will be confused so you need to tell them that it won't be forever and it's because we want to keep them safe. Most events are cancelled, but they will come back soon if we can all follow the rules.



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Or Call (08) 9182 0851

Most importantly, we all have to stick together.

Mawarnkarra is here for you, if you feel sick or sad or no good. Give us a call. We will tell you what we can do to work together. You are not alone, we promise you. We will get through this, keeping our community safe and healthy if we can follow these rules.

