



CONNECTION TO FAMILY

It's important for our mob to be connected.
Play your part to keep our mob strong and safe

Check in with your family.

- Call, Facetime, Snapchat and group chats.
- Keep 2 big steps away.
- Do activities that keep you and your family safe and strong.
- As a family make a Stay Strong Plan to talk about your worries, and your strengths.



Protect our young ones

Have a yarn with your young ones about the Coronavirus and be clear on what they can do.

Give each other space, and let them know you are there to keep them safe.

Encourage them to have a yarn with their grandparents over the phone to check in.

Protect our Elders and people at risk

It's important to protect our Elders and make sure they are safe. Our Elders are more at risk of getting sick, so look out for them.

If your house has family that are at risk from the Coronavirus sickness, you may need to self-isolate to keep them safe and strong. Put up respectful signs on your bins or front door to help community know they need to stay away for now.

#StayConnected