

# COVID-19 Social Media Pack

The Aboriginal Health and Medical Research Council (AH&MRC) has created a Social Media Pack for our Member Services to share key messaging on the Novel Coronavirus (COVID-19). The Pack covers the key things for mob to remember: to **stay safe, stay calm, stay connected, take care of yourself and take care of one another**. Overall, the Pack aims to highlight the message of solidarity; that we're all in this together and that together we can **#StopCOVID19**

COVID-19  
SLOW THE  
SPREAD



COVID-19

## Stay safe

### Post 1 #COVID19 Tip

Try to keep a safe distance of 2m between yourself and others and limit contact to 15 mins. For the latest updates visit: [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)

### Post 2 #COVID19 Tip

When you sneeze or cough, cover your mouth and nose with a tissue. Put used tissues in the bin straight away after use. If you do not have a tissue, cough or sneeze into your elbow rather than your hands.

### Post 3 #COVID19 Tip

Keep your health in check by getting a flu shot. The flu shot will help to protect yourself, your family and your community. Aboriginal people over 6 months old can get for the flu shot for free. Call your local AMS to find out more.



## Stay calm

### Post 1 #COVID19 Tip

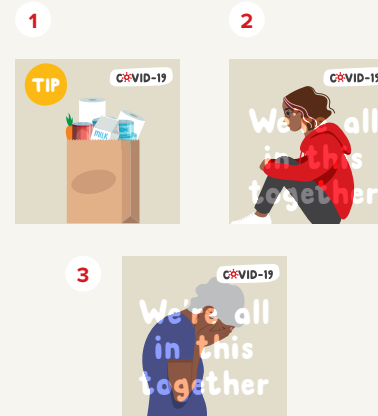
Try to avoid panic-buying groceries like toilet paper. If you get sick and need to stay at home, ask one of your mob if they can drop off what you need. For the latest updates visit: [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)

### Post 2

We're all in this together. If you are suffering from a job loss or feeling isolated because of #COVID19, you are not alone. Don't be ashamed – ask a friend or family member for help or call Lifeline Australia on 13 11 14 for crisis support.

### Post 3

Are you feeling sad or worried during COVID-19? Don't be shame – reach out and ask for help if you need it. Ask a friend or family member for support or call beyondblue on 1300 22 4636 for free counselling.



## Stay connected

### Post 1

Gatherings and crowds help spread #COVID19. If events are happening in your community, think about other ways you can connect, like having a yarn over the phone or a video call instead. For the latest updates visit: [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)

### Post 2 #COVID19 Tip

Ask a friend or family member if you can call or video chat them if you need to stay at home. Being away from your family and community can be hard, so having someone to have a yarn with over the phone or video call is important for your wellbeing.

### Post 3

#SocialDistancing because of #COVID19 doesn't mean we can't stay connected. Phone or video call your loved ones to have a yarn or connect on social media instead.



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## Take care of one another

### Post 1 #COVID19 Tip

If you have cold or flu like symptoms, keep a safe distance of 2m from people, especially Elders and people living with health conditions like diabetes, heart or lung problems. COVID-19 can make them sicker. For the latest updates visit: [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)

### Post 2

Did you know? Elders and people living with health conditions are the most at risk from #COVID19. Check-in with your Elders over the phone or video call them instead of visiting. For the latest updates visit: [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)

## Take care of yourself

### Post 1 #COVID19 Tip

You can't take care of others unless you take care of yourself. There are plenty of ways you can do this for free and at home like cooking a meal, doing a home workout or meditating. Find out more: [bit.ly/2QEbgTQ](https://bit.ly/2QEbgTQ)

### Post 2 #COVID19 Tip

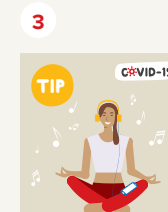
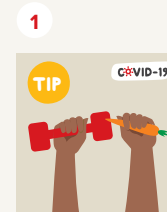
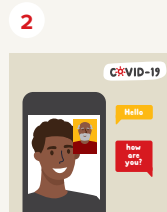
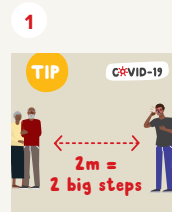
Stay healthy by getting enough sleep, eating well and exercising regularly. Think about ways you can do this if you need to stay at home, like planning healthy meals and home workouts.

### Post3

It's hard having to change the way we do Sorry Business, but it's important to keep our families and communities safe from #COVID19. If you're struggling, contact your local AMS to see whether you can talk to a mental health worker.

## Videos

As part of the COVID-19 response AH&MRC has created educational videos with basketball player from the Illawarra Hawks, Tyson Demos and ENT Surgeon, Dr Kong. If you would like access to these videos to share on social media please call AH&MRC on 02 9212 4777 or email [covid19@ahmrc.org.au](mailto:covid19@ahmrc.org.au)



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## How to use the pack

The posts and tiles in the Social Media Pack have been designed for use across Facebook, Instagram and Twitter. Edit posts as you see fit and add in relevant information including your AMS contact details. Make sure you tag other social media accounts so that relevant stakeholders can be notified and share your posts. Be sure to use hashtags to link your posts up to conversations happening on COVID-19.

Tiles for each of the posts can be found here: [ahmrc.org.au/coronavirus/](https://ahmrc.org.au/coronavirus/)

The self-care tool kit linked in Take care of yourself post 1 can be found here: [ahmrc.org.au/publications/](https://ahmrc.org.au/publications/)

### Tags



@LifelineAust @beyondblue @NSWHealth @ahmrc



@LifelineAustralia @beyondblue @NewSouthWalesHealth @AHMRCNSW



@lifelineaustralia @beyondblueofficial @newsouthwaleshealth @ahmrc\_nsw

### Hashtags

#SlowTheSpread #CommunityControl #StopCOVID19