

Top 10 tips for **staying healthy and strong** during the Coronavirus outbreak



1

Be informed straight away

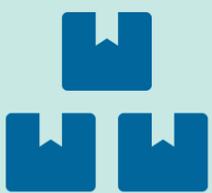
We need to know what the health experts are saying and follow their advice. Knowing what to do is important - not just to stay physically healthy, but to help bring peace of mind. However, do limit how much time you spend on news for your own wellbeing.



6

Take time away from news and social media

It's important to stay informed, but if the news or TV is stressing you out, turn it off for a while. And make sure what you're reading and watching is reliable, so you don't waste time worrying about things that aren't true.



2

Be practical and prepared as things change

It's good to think ahead more than usual at this time. There's no need to hoard things, but have some back-up food, supplies and medication in storage. Keep a 'things to do' calendar and a list of important phone numbers or contacts.



7

Keep in touch with family and friends

When you are outside, you need to keep two big steps away from other people to stop the virus spreading, and you shouldn't visit other people. But you can still yarn on the phone or by social media. Keep in touch that way - don't visit!



3

It's ok to be stressed and worried - but don't bottle it up

Find a support person or support group to reach out to is important.



8

Get some fresh air and exercise

If permitted, go for a walk but remember to keep at least two big steps from anyone outside. If you've got a garden or balcony - use it. Exercise as much as you can without going out - it will help with stress.



4

Have hope

At some time, the virus will come under control and life will return to something like normal. It's important to remember this and have hope, even as we prepare to cope with what is ahead.



9

Eat Well

Think about what you're eating and try and eat well - plenty of fruit and vegetables, can make a big difference to how you feel. Some foods also help to boost your immune system so try some new foods or recipes.



5

Our culture keeps us strong - stay connected

We have faced many battles before and survived. Think about our ancestors' strengths and where we have come from. Focus on what makes you strong for the journey ahead. Remember, our ancestors are always with us.



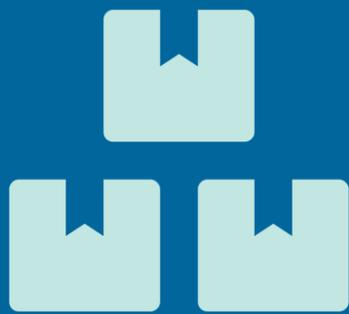
10

Be creative or learn something new

Get into playing music, singing, storytelling, dancing and creativity to reduce your stress and raise your spirit. Being creative takes our mind away from our worries and give us joy in difficult times. This is important for children too.



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**HEALTH SERVICE
ABORIGINAL CORPORATION**



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