

## COVID-19 (Coronavirus) Responses

**Kimberley Bulletin #5: Released 17 April at 10:30am AWST**

Please check [www.kams.org.au](http://www.kams.org.au) for the latest bulletin.

This bulletin provides important information for Aboriginal Controlled Organisations and communities in the Kimberley.

### COVID-19 Information Hotline:

1800 020 080  
(24 Hours)

Call AIWA for Aboriginal language interpreters on 1800330331 or email [bookings@aiwaac.org.au](mailto:bookings@aiwaac.org.au)

Testing clinics across the Kimberley are now available (see page 2 for details).  
If you need to be tested, please **call ahead of going in to get tested at any facility or service.**

### Key Messages:

- If anyone needs to enter the Kimberley, they have to self-isolate **for 14 days before coming in**, and make sure that they apply for an official permit to enter (“enter into a Designated Biosecurity Area”)
- Isolation rules are still in place:
  - A two-person limit to gatherings (e.g. going to people’s houses for dinner, fishing trips) or in public (e.g. at the park or river).
  - Sorry camps and funerals have a maximum of 10 people.
  - Restrictions on entering a remote community and travel are still in place (see this bulletin for further details)
  - We need to stay apart to stop the spread of coronavirus. This means: **No parties or hanging out in big groups.**
- Testing clinics are now open at Broome hospital and some other WA Country Health Services (see page 3 for details). If you need to be tested, please call ahead of going in.
- A new WA hotline – **13 COVID [132 68 43]**- is available for the public to ask a range of COVID related questions.

### Coronavirus is spread by sick people sneezing and coughing, so:



Cover your sneeze and cough



Wash hands



Keep at least 2 big steps away from people if you're sick



Try not to touch face

## Regional travel restrictions still in place

Travel restrictions remain in place in Western Australia and the Kimberley. Stricter directions apply to those coming to WA via the Kimberley, to protect people living in remote Aboriginal communities. **It is important that we all keep doing these things until we are all told otherwise.**



1. From **Monday, 13 April 2020** all people must self-isolate for **14 days before** entering a biosecurity designated area (e.g. the Kimberley), including returning residents and people performing an essential activity. Exceptions apply where there is an urgent need to perform an essential activity, or other exceptional circumstances. you need to enter into a Designated Biosecurity Area (Kimberley, East Pilbara, or Ngaanyatjaraku), you will need to complete an [Entry into Designated Biosecurity Areas Form](#).
2. Restrictions continue to apply, in line with the four local government areas (shires of Broome, Derby West Kimberley, Wyndham East Kimberley, Halls Creek) within the Kimberley region. People must stay in their local government area.
3. Restrictions also apply to Aboriginal communities where only people that are residents; those providing essential services and supplies; and those entering for family or cultural reasons are allowed to enter.

For more information: <https://www.wa.gov.au/government/publications/restricted-travel-designated-regional-areas>

## A message from KALACC special advisor Mr. Brown

“Our culture is very important. He keeps us strong. But this one Coronavirus, he’s very dangerous, and we gotta listen and follow the rules. Prime Minister, he brought in two new rules.

First one, only two people can be anywhere same time. And you can only be with people from your own home. Next rule is you can’t have more than 10 people at funeral places.

To keep community strong and to make sure our old people are safe from this deadly virus, we ask for no sorry camps while this Coronavirus is around, and only 10 people be at funeral places.

Keep a distance of two steps away from people at funerals, no handshake or hugging. We know this is a hard one, but it’s to keep you mob safe.”

Thanks to KALACC and Mr. Brown. KALACC: 08 9191 5317



## Say “No Way!” to parties and big mob gatherings



**No** parties at people’s houses



**No** big mob gatherings with people you don’t live with



Be smart! Say “**No Way!**”

## COVID-19 Testing in the Kimberley

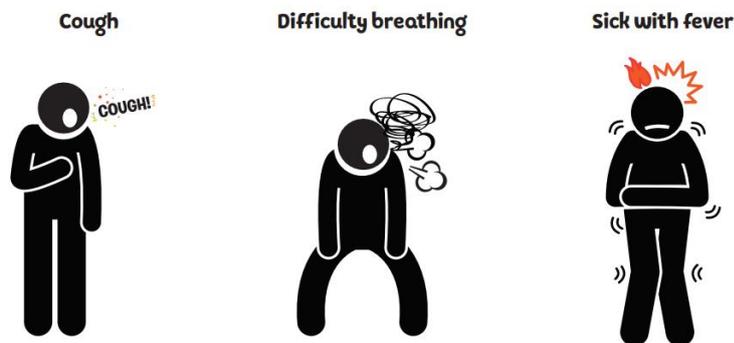
A dedicated COVID clinic opened at **Broome Hospital** on Wednesday 8 April. The clinic operates from 8.30am-4pm, seven days a week and will be staffed by clinicians and administrative teams following strict infection control measures.

In other Kimberley communities, those requiring testing are able to attend any WA Country Health Service hospital or health service, including **Derby Hospital, Fitzroy Crossing Hospital, Halls Creek Hospital, Kununurra Hospital** and **Wyndham Hospital**. In remote communities, please call your local clinic to make the appropriate arrangements.

General public and high-risk staff will be tested if they meet the following criteria:

- presenting with a fever (38°C or over)
- a history of a fever in the last few days OR
- an acute respiratory infection e.g. shortness of breath, cough, sore throat.

### Symptoms can include:



**Call** the clinic or hospital first if you feel sick with fever, or have difficulty breathing, and have been in close contact with someone with Coronavirus, or if you have recently been any place where Coronavirus has spread.

## Keeping up the good work on Isolation and Social Distancing

Everyone (young, old, Indigenous, non-indigenous) must practice social distancing and self-isolation. This means staying 2 big steps away from people, and staying home as much as possible. It is important to stop the germs spreading from one person to another and making lots of people sick.

Encourage your families and friends to say, **“NO WAY!” to parties and hanging out in big groups**. This will help stop the spread of the virus and help keep us all healthy and strong.

If you do not self-isolate or practice physical distancing, you might be fined.



We must keep our distance from other people, so no shaking hands and keep at least 2 big steps away.

## Food Security: Keeping mob well fed

Under the current travel restriction exemptions, delivery of food and essential supplies will continue as normal.

### What should I buy?

There is no need to stock-up or hoard supplies. Only buy the regular items that you normally would.

If you need to self-isolate, make sure you have enough food for 14 days, or have a family member, friend or service provider drop food to you over the 14 days.

### But there's not much food to buy?

There may be some community stores in remote areas not receiving their full order and some stores having stock issues. We can expect some changes in stock levels for a couple of weeks, but the governments are working with suppliers and stores to get everything back to normal. Some shops are placing maximum numbers on things to make sure there is enough for everyone- this is temporary.



### Communities can help:

- Please don't panic buy or stock up on groceries more than normal.
- If you need bulk items to feed a big mob of people out of town call the shop before you go to see if they have enough.
- Deliveries of food from farmers and suppliers will continue and there will be enough groceries for everyone if we each only buy what we need.
- Get creative with new recipes using ingredients you already have, or try cooking up some things at home like damper.

## State Welfare Plan

The State Emergency Coordinator, Police Commissioner Chris Dawson, has now activated the State Emergency Welfare Plan. Under this plan, the Department of Communities takes the primary responsibility for coordinating the provision across the State of "welfare services" (as defined in the Emergency Management Act 2005). Welfare services for people can include the provision of accommodation, food, clothing, and financial assistance, and may extend to other critical support services.

Department of Communities staff in the Kimberley have already been involved in supporting vulnerable members of our community with accommodation, returning to country, planning remote Aboriginal community responses, and supporting our partner agencies to make sure there are essential supplies and services available across our region. A Kimberley Welfare Response team has been established, whereby staff in both the East and West Kimberley are available to support the Disaster Response Hotline respond to people (including completing an assessment for support if people are directed by health to self-isolate).

**If you need welfare assistance, please contact Department of Communities:  
1800 032 965**

**If you need help to find other local assistance, please contact: 13 COVID  
[132 68 43]**

This is new WA hotline which is available for the public to ask a range of COVID related questions and find out where to seek help. It includes information on impacts for families, businesses, schools and health care providers, and up-to-date advice on restrictions to travel and public gatherings. The hotline will operate seven days a week, from 7am to 10pm.



## Your questions answered

If you hear or read something and you're not sure, check the facts: [www.kams.org.au](http://www.kams.org.au) or read the WA Government's [website](#)

### 1. Should I use hand soap or hand sanitizer to clean my hands?

Handwashing is one of the best ways to protect yourself and your family from getting sick. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.



### 2. Can pets be infected with coronavirus?

While coronavirus seems to have emerged from an animal source, it is now mainly spreading from person-to-person. There is no reason to think that any animals including pets in Australia might be a source of infection with this new virus. There have been no reports of pets or other animals becoming sick with coronavirus in Australia. There is also no evidence that companion animals including pets can spread coronavirus. However, since animals can spread other diseases to people, it's always a good idea to wash your hands after being around animals.

### 3. Can I catch coronavirus from food?

No. Coronaviruses are generally thought to be spread from person to person through respiratory droplets. Currently, there is no evidence to support transmission of coronavirus associated with food.

However, to be safe you should:

- always wash your hands before preparing or eating food
- do not share forks/knives, plates, cups or bottles
- cover your sneezes and coughs, particularly around food and drink



### 4. Should I wear a mask?

A face mask is not necessary if you do not have symptoms. Only wear a mask if you are ill with coronavirus symptoms (especially coughing) or looking after someone who may have coronavirus. Disposable face masks can only be used once (if you are not ill or looking after someone who is ill then you are wasting a mask). Home-made masks or masks made out of cloth can be worn as a part of physical distancing measures in places where there are lots of people, like shopping centers and health services. They are not medical grade, so you need to wash them regularly. Do not put masks on babies or children under 2 years old.

### 5. Can my child go back to school?

Across Kimberley public schools, Term 2 will proceed on the basis that:

- All public schools remain open.
- Parents are encouraged to keep their children at home if they can access online or other resources for their children's education to continue. Families who need to send their children to school to maintain employment, children of essential workers and those who require schools to support them overcome particular vulnerabilities, may choose to do so. The State Government recognizes there will be families who need to send their children to school at the start of term 2.
- To ensure that all students' needs are met, staff will be present at school. Student well-being remains a priority.
- All students will be taught those attending schools and those learning at home. Planning is in place to deliver learning through mixed methods: online, paper and face to face.



## Tips to #StayConnected to your Social and Emotional Wellbeing

**Connection to spirit.** Share your cultural knowledge and skills, and practice language with family.

**Connection to Country.** Our lands and waterways connect us, heal us, and give us purpose. When safe to do so, go fishing, hunting, bushwalking and camping.

**Connection to mind & emotions.** Stay informed so you know what to do, but step away from screens with it gets too much. Get creative with activities to keep your mind active. Reach out and ask for extra support when you need.

**Connection to culture.** Ask about your family, kinship, and cultural background.

**Connection to body.** Keep your body strong and moving. Eat healthy food and get enough sleep.

**Connection to family.** Check in with your family, and protect your young ones and Elders.

**Connection to community.** Be kind and respectful to others. Check in with each other over the phone to see if they need extra support during this time.



## Play your part to keep our mob safe and strong

 **24/7 Mental Health Services** healthdirect

<p><b>Beyond Blue</b> <i>Anyone feeling anxious or depressed</i></p> <p> <a href="http://beyondblue.org.au">beyondblue.org.au</a></p> <p> 1300 22 4636</p>	<p><b>Kids Helpline</b> <i>Counselling for young people aged 5 to 25</i></p> <p> <a href="http://kidshelpline.com.au">kidshelpline.com.au</a></p> <p> 1800 55 1800</p>	<p><b>MensLine Australia</b> <i>Men with emotional or relationship concerns</i></p> <p> <a href="http://mensline.org.au">mensline.org.au</a></p> <p> 1300 78 99 78</p>
<p><b>Open Arms</b> <i>Veterans and families counselling</i></p> <p> <a href="http://openarms.gov.au">openarms.gov.au</a></p> <p> 1800 011 046</p>	<p><b>Lifeline</b> <i>Anyone having a personal crisis</i></p> <p> <a href="http://lifeline.org.au">lifeline.org.au</a></p> <p> 13 11 14</p>	<p><b>Suicide Call Back Service</b> <i>Anyone thinking about suicide</i></p> <p> <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a></p> <p> 1300 659 467</p>

 **Is it an emergency?** If you or someone you know is at immediate risk of harm, call triple zero (000)

### Important resources to find out more:

**Commonwealth Biosecurity Determination** link: <http://www.wa.gov.au/aboriginalcommunities>

**Department of Communities** link: <https://www.communities.wa.gov.au/coronavirus-covid-19/>

**WA Department of Health** link: <https://healthywa.wa.gov.au/coronavirus>

**WA Government** link: <https://www.wa.gov.au/>