



COVID-19 Vaccination Program

Multilingual communication toolkit

31 May 2021



Purpose of this toolkit

The national COVID-19 Vaccination Program continues with tens of thousands of Australians every day receiving a COVID-19 vaccine. Vaccination is voluntary and free. Everyone is encouraged to get vaccinated when it's their turn to help protect themselves, their family and the NSW community from COVID-19.

We understand people in your community may look to you for information. This toolkit contains easy to read resources and links to translated information to help you:

- communicate about the COVID-19 Vaccination Program in NSW
- answer questions and address misinformation
- highlight the importance of continuing with COVID safe behaviours, even after vaccination.

In line with the Therapeutic Goods Administration regulations, content from the Australian and State Governments about COVID-19 vaccines may be shared but not changed or adapted. Please let us know if you need specific content for your community.

If you require further information or have any questions, visit nsw.gov.au or contact covid.communications@customerservice.nsw.gov.au.

Thank you once again for your support.



[Link: COVID-19 vaccines – How vaccines work](#)

Multilingual COVID-19 support

Translating and interpreting service (TIS National) If you need a free telephone interpreter, ring 131 450 and say the language you need. Ask the interpreter to connect you to the COVID-19 Vaccine Helpline. TIS is available 24 hours a day, 7 days a week or visit [tisnational.gov.au](https://www.tisnational.gov.au).

National Coronavirus COVID-19 Vaccine Helpline 1800 020 080 is available 24 hours a day, 7 days a week.

The **PICAC Multilingual Older Persons COVID-19 Support Line** is available Monday to Friday 2pm – 5pm in the following languages:

- 1800 549 844 – Italian
- 1800 549 845 – Greek
- 1800 549 846 – Vietnamese
- 1800 549 847 – Mandarin
- 1800 549 848 – Cantonese
- 1800 549 849 – Arabic.

The **NSW Health website** has a [translated resource page](#) and [digital resource library](#) with translated materials.



Multilingual Older Persons COVID-19 Support Line

Italian 1800 549 844	Mandarin 1800 549 847
Greek 1800 549 845	Cantonese 1800 549 848
Vietnamese 1800 549 846	Arabic 1800 549 849



The Multilingual Older Persons COVID-19 Support Line provides information about COVID-19 and can support you to connect with aged care services, dementia care and other support services. It is available in Arabic, Cantonese, Greek, Italian, Mandarin and Vietnamese. All calls are free.

Visit www.picacalliance.org for more information about the support line and to download brochures in the six languages.

Support Line hours: FREE CALL
2pm - 5pm (Melbourne time) Monday - Friday
Excluding public holidays



Link: Multilingual Older Persons COVID-19 Support Line (translated posters available for download)

COVID-19 Vaccination Program content

Following pages include:

- Glossary of COVID-19 vaccine terminology
- COVID-19 vaccination program eligibility infographic
- 50+ booking information and resources
- 40-49 register your interest newsletter copy
- Vaccination program and COVID-19 vaccine factsheets
- Vaccination videos and content library
- COVID-19 vaccine presentation (for sharing with your community)
- Australian Government Stakeholder pack – May 2021
- Australian Government COVID-19 Vaccine Resource Hub
- SBS Coronavirus Portal

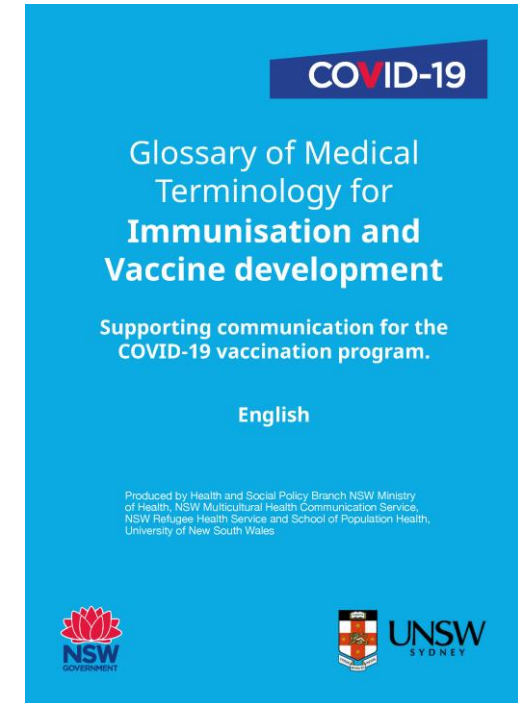
COVID-19 Vaccination Program: Glossary of COVID-19 vaccine terminology

Supporting communications for the COVID-19 Vaccination Program

This **COVID-19 glossary** was developed to help community organisations, translators and interpreters, bilingual workers, and community leaders to better understand and communicate about vaccine development and implementation.

Currently the glossary is available in **English, Simplified Chinese and Italian.**

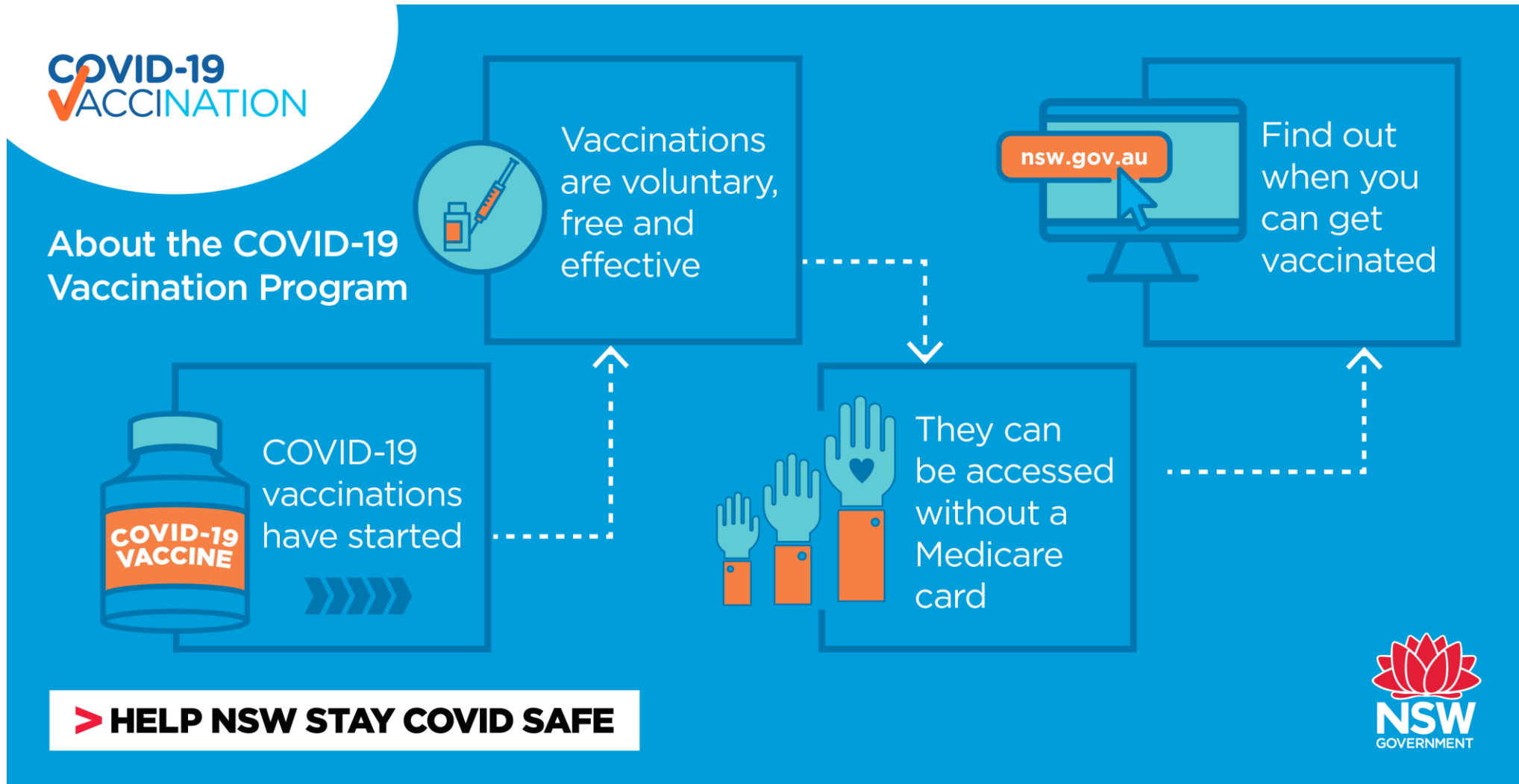
In-language versions available shortly: Arabic, Assyrian/Aramaic, Bahasa Indonesia, Bengali, Burmese, Traditional Chinese, Dari, Dinka, Farsi, Greek, Hazaragi, Hindi, Korean, Kurdish Kurmanji, Kurdish Sorani, Macedonian, Mongolian, Nepali, Portuguese, Punjabi, Spanish, Swahili, Tagalog, Tamil, Thai, Tibetan, Urdu and Vietnamese.



[Link: COVID-19 Glossary \(English, Simplified Chinese and Italian\)](#)

COVID-19 Vaccination Program: easy to read COVID-19 Vaccination Program infographic

To download right click and select 'Save as Picture'



COVID-19 Vaccination Program: easy to read 50+ now eligible for COVID-19 vaccine website/newsletter copy

Aged 50 or over? The COVID-19 Vaccination Program now includes you

If you're aged 50 years or over, you're eligible for a free COVID-19 vaccine regardless of your Medicare or visa status. The risk of severe complications from COVID-19 increases the older we are, and the vaccine is highly effective at reducing the risk of serious illness or death from the virus.

Where can I get my AstraZeneca COVID-19 vaccine?

There are more than 1,000 vaccination locations across NSW.

- Our **General Practitioner (GP) network** is leading AstraZeneca COVID-19 vaccinations. If you are aged 50 or over, you can book your AstraZeneca vaccine appointment with your GP.
- If you do not have a GP, or your GP is not offering COVID-19 vaccination, please use the COVID-19 Vaccine Eligibility Checker at covidvaccine.healthdirect.gov.au to find a clinic near you and make an appointment.
- Participating GPs are best placed to answer any further questions you have about the COVID-19 vaccine.
- **NSW Health vaccination clinics** are available across NSW including in rural and regional areas.

A blue graphic with a white curved top-left corner. In the top left, it says 'COVID-19 VACCINATION' with a checkmark icon. Below that, it asks 'Aged 50 or over?' in white text. In the center is a white line-art icon of a house with three stylized human figures inside. Below the icon, it says 'COVID-19 vaccinations help protect you and your family.' in white text. At the bottom, there is a white bar with a red arrow pointing right and the text 'HELP NSW STAY COVID SAFE'. In the bottom right corner is the NSW Government logo, which is a red lotus flower above the text 'NSW GOVERNMENT'.

To download right click and select 'Save as Picture'

COVID-19 Vaccination Program: updated advice for people 50 years and over

Message from NSW Health's Dr Jan Fizzell

People have questions about the recommendations for the AstraZeneca COVID-19 vaccine. NSW Health Senior Medical Advisor Dr Jan Fizzell explains why the Australian Technical Advisory Group for Immunisation (ATAGI) is recommending people 50 years and over should still get the AstraZeneca COVID-19 vaccine.

If you are under 50 and have already received your first dose of the AstraZeneca COVID-19 vaccine without serious side effects, you should feel confident to get the second dose.

For more information about the AstraZeneca COVID-19 vaccines, including translated resources, visit the Australian Government Department of Health website: www.health.gov.au/initiatives-and-programs/covid-19-vaccines/learn-about-covid-19-vaccines



[Link to download: Message for people 50 years and over about the AstraZeneca COVID-19 vaccine](#)

COVID-19 Vaccination Program: easy to read 50+ now eligible for COVID-19 vaccine resources

To download right click and select 'Save Media as'

People aged 50+
are now eligible for
the COVID-19 vaccine

COVID-19
VACCINATION
Safe. Effective. Free.

People aged 50+ are now eligible for the COVID-19 vaccine – social animation



Link: [We've been vaccinated - poster](#)

COVID-19 Vaccination Program: easy to read 40-49 register of interest newsletter copy

Aged 40-49? You can now register your interest for the Pfizer COVID-19 vaccine

If you are aged 40-49 years old, you can now register your interest for the Pfizer COVID-19 vaccination. It is free and voluntary.

Those who have registered their interest will be contacted when appointments to receive the vaccine become available in their area.

How do I register my interest for the Pfizer COVID-19 vaccine?

1. Visit nsw.gov.au
2. Select the register your interest button
3. Enter the required details
4. Submit the form

For more information on how to register your interest visit nsw.gov.au or call Service NSW on 13 77 88, 24 hours a day, 7 days a week.

For a free telephone interpreter ring TIS National on 131 450 (24-hour helpline), say the language you need. Ask the interpreter to connect you to Service NSW.

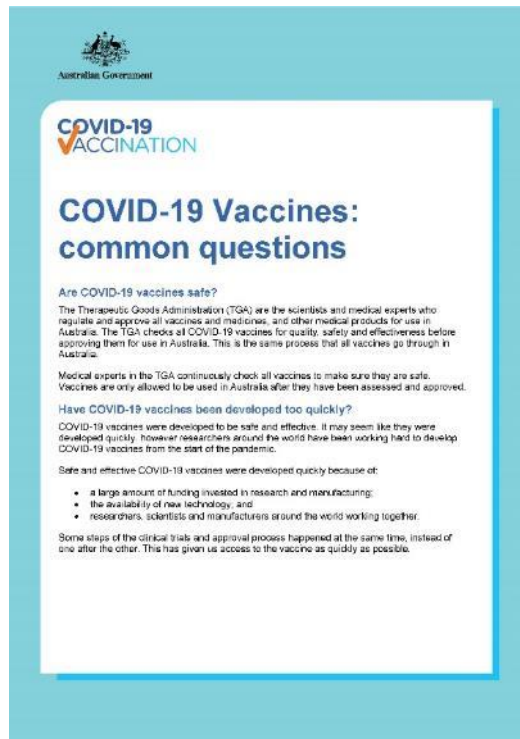


The graphic is a blue rectangular area with a white curved top-left corner. In the top-left corner, there is a logo for 'COVID-19 VACCINATION' with a checkmark icon. The main text in the center reads 'Aged 40-49? Register your interest for the Pfizer COVID-19 vaccine.' Below this text is an icon of a document with a mouse cursor pointing to it. Further down, it says 'Find out more at nsw.gov.au'. At the bottom, there is a white banner with a red arrow and the text 'HELP NSW STAY COVID SAFE'. In the bottom right corner, there is the NSW Government logo, which features a red lotus flower above the text 'NSW GOVERNMENT'.

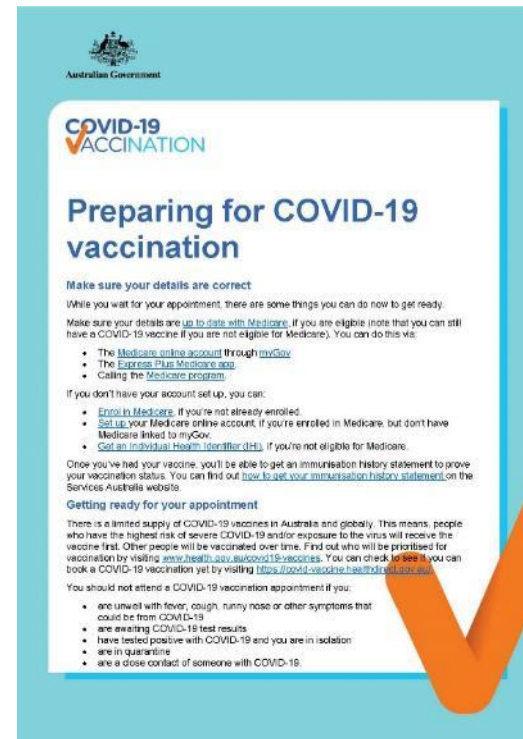
To download right click and select 'Save as Picture'

COVID-19 Vaccination Program: Australian Government COVID-19 vaccine factsheets

Available in: Albanian, Amharic, Arabic, Armenian, Assyrian, Bengali, Bosnian, Bulgarian, Burmese, Chin Hakha, Simplified Chinese, Traditional Chinese, Croatian, Dari, Dinka, Dutch, English, Finnish, French, German, Greek, Gujarati, Hazaragi, Hebrew, Hindi, Hmong, Indonesian, Italian, Japanese, Karen, Khmer, Kirundi, Korean, Kurdish, Laotian, Macedonian, Malayalam, Maltese, Nepali, Pashto, Persian, Polish, Portuguese, Punjabi, Rohingya, Romanian, Russian, Samoan, Serbian, Sinhala, Slovak, Slovenian, Somali, Spanish, Swahili, Tagalog, Tamil, Thai, Tibetan, Tigrinya, Turkish, Ukrainian, Urdu and Vietnamese.



[Link to translations: COVID-19 vaccines: common questions](#)

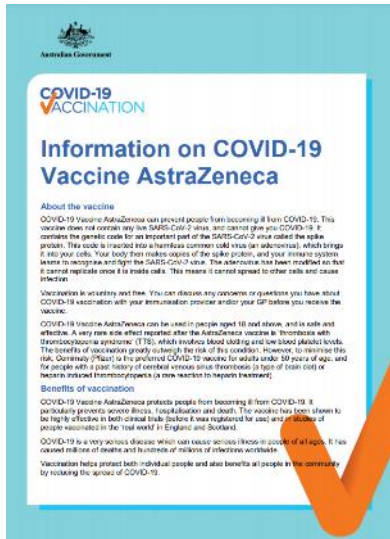


[Link to translations: Preparing for COVID-19 vaccination](#)

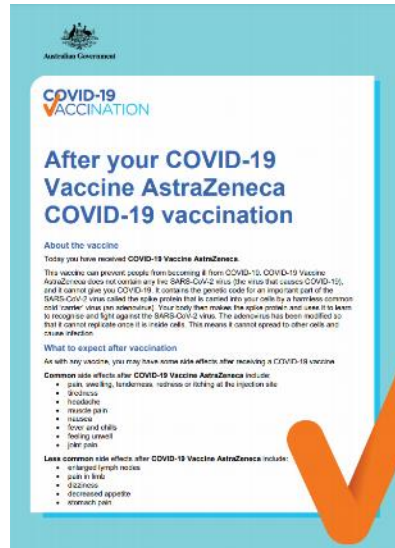
COVID-19 Vaccination Program: AstraZeneca and Pfizer COVID-19 vaccine factsheets

Available in: Albanian, Amharic, Arabic, Armenian, Assyrian, Bengali, Bosnian, Bulgarian, Burmese, Chin Hakha, Simplified Chinese, Traditional Chinese, Croatian, Dari, Dinka, Dutch, English, Finnish, French, German, Greek, Gujarati, Hazaragi, Hebrew, Hindi, Hmong, Indonesian, Italian, Japanese, Karen, Khmer, Kirundi, Korean, Kurdish, Laotian, Macedonian, Malayalam, Maltese, Nepali, Pashto, Persian, Polish, Portuguese, Punjabi, Rohingya, Romanian, Russian, Samoan, Serbian, Sinhala, Slovak, Slovenian, Somali, Spanish, Swahili, Tagalog, Tamil, Thai, Tibetan, Tigrinya, Turkish, Ukrainian, Urdu and Vietnamese.

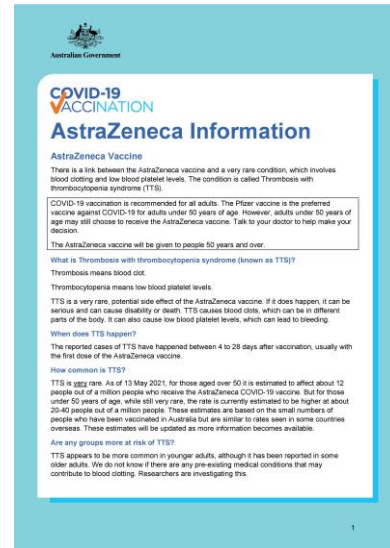
AstraZeneca



[Link: Information on COVID-19 AstraZeneca vaccine](#)

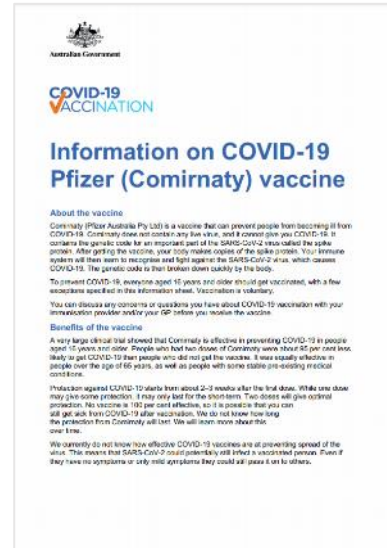


[Link: After your AstraZeneca vaccine](#)

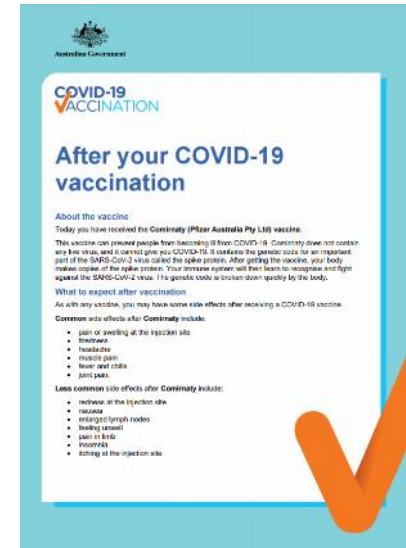


[Link: Additional information on AstraZeneca vaccine](#)

Pfizer (COMIRNATY™)



[Link: Information on COVID-19 Pfizer vaccine](#)



[Link: After your Pfizer vaccine](#)

COVID-19 Vaccination Program: Australian Government vaccine overview videos

Available in: Arabic, Burmese, Simplified Chinese, Traditional Chinese, Dari, English, Hindi, Karen, Khmer, Laotian, Malay, Nepali, Persian, Punjabi, Spanish, Swahili, Tagalog, Urdu and Vietnamese.



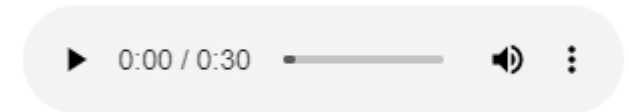
[Link: COVID-19 vaccine safety and approval process](#)



[Link: How COVID-19 vaccines work](#)



[Link: COVID-19 vaccines are available for everyone in Australia](#)



[Link: COVID-19 vaccines are available for everyone in Australia – audio content](#)

COVID-19 Vaccination Program: Australian Government aged care vaccine experiences

Available in:

Arabic, Simplified Chinese, Traditional Chinese, English, Greek, Hindi, Italian, Korean



[Link: Patricia's aged care vaccine experience](#)

Available in:

Arabic, Simplified Chinese, Traditional Chinese, English, Greek, Hindi, Italian, Korean, Vietnamese



[Link: Nancy's aged care vaccine experience](#)

Available in:

Arabic, Simplified Chinese, Traditional Chinese, English, Greek, Hindi, Italian, Korean, Vietnamese



[Link: Cliff's aged care vaccine experience](#)

COVID-19 Vaccination Program: vaccination messages from NSW religious leaders

Filipino:

Father Eduardo Orilla
St Joachim's Catholic Church



[Link to video](#)

Tamil:

KG Bascaran, President
Sydney Murugan Temple



[Link to video](#)

Sinhalese:

Bibile Gnanasantha Thero
Lankarama Buddhist Temple, Schofields



[Link to video](#)

Arabic:

Reverend Father Fadi Nemme
St Michael Antiochian Orthodox Church



[Link to video](#)

Telugu:

Reverend Enoch Nagabyrava
St Marys Baptist Church



[Link to video](#)

English:


Pastor Larry Galbraith
Epping Church of Christ



[Link to video](#)

Statements of support from religious organisations on COVID-19 vaccinations

[Link: Muslim Health Professionals Australia](#)



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
In the name of Allah, the Most Gracious, Most Merciful

As part of our core aims to promote and improve the health of the muslim and wider community in Australia, Muslim Health Professionals Australia (MHPA) would like to address the most common questions and concerns from religious scholars and the wider muslim community regarding the COVID-19 vaccinations which will likely become available in Australia in the coming months. This is in order to allow our scholars and the muslim community to make informed decisions regarding vaccination for themselves and their families.

These brief answers are based on the Q&A document developed by the British Board of Scholars and Imams (BBSI)¹, which we strongly advise everyone to read alongside this statement. It is also informed by the current medical literature, the expert medical opinion of large muslim medical organisations^{2,3}, and the knowledge and recommendations of pious muslim doctors who are experts in virology and involved in coronavirus vaccine research.

Many large fatwa councils around the world have already published Islamic legal rulings regarding the permissibility of the recently developed COVID-19 vaccines^{1,4,5}. Muslims were among the first to discover and practice vaccination in the 18th century, and since the advent of modern vaccination programs, muslim jurists worldwide have almost unanimously argued for the permissibility and importance of vaccination to safeguard life and health⁷.

Are the COVID-19 vaccines safe?

Vaccines are among the most utilised medications in the world, ranking alongside tablets like Paracetamol. This is because so many people have taken them that any problems would have become apparent long ago. If 1000 people take a medication and there was a 0.1% chance of it causing death, for example, that one person might be missed. But if a billion people were to take that medication, a million deaths are much harder to miss! Because this clearly has not happened, it is evident that vaccines are, in general, safe for use - though of course, as with any other medication, individuals may rarely react to them and suffer side effects, sometimes serious ones. However most diseases we vaccinate against frequently cause death or serious disability, so the benefit of taking vaccinations far outweigh their risks.

The COVID19 vaccines, of course, have been produced in record time (months rather than years). Because of this, it is understandable that there is concern about their safety. However, there are a number of reasons for this which have nothing to do with 'cutting corners'. These include unprecedented funding due to the severity of the pandemic, technological advances (e.g. in genetic sequencing of the virus and repurposing of existing vaccines), and the cutting of bureaucracy and politics which has allowed international collaboration to start and run trials more efficiently.

Reliable information has shown over 90% effectiveness for the Pfizer and Moderna vaccines, and 60-90% for the Oxford-AstraZeneca vaccine^{8,10}. The Oxford vaccine utilises older vaccine technology which is known to be extremely safe. While the mRNA based Pfizer and Moderna vaccines utilise newer technology, they have now been given to over 1 million people in trials and early roll out without any unexpected or long lasting side effects. Significant allergic reactions (anaphylaxis) have occurred at a rate of 1 per 100,000 people, which is significantly less than the 1 in 300 anaphylaxis

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[Link: British Islamic Medical Association](#)



Links:

- [Group Letter: Prioritising ethnic minorities in the COVID-19 Vaccination Program](#)
- [Fasting & COVID vaccinations](#)
- [BIMA Position Statement on Oxford AstraZeneca COVID-19 Vaccine](#)
- [Summary of BIMA Position Statement on AstraZeneca COVID-19 Vaccine](#)
- [Statement on Changes to Vaccination Schedule for Pfizer/BioNTech Vaccines](#)
- [Summary of BIMA Position Statement on Pfizer COVID-19 Vaccine](#)

[Link: Australian Fatwa Council](#)



13 February 2021

Coronavirus (COVID-19) Vaccine Fatwa (Islamic Verdict)

Praise be to Allah, the Lord of the worlds and may the blessings and peace of Allah be upon His messenger Muhammad and upon all his family and companions.

Over the past weeks, the Australian Fatwa Council (AFC) has been actively researching and discussing the matter of the Coronavirus (COVID-19) vaccine with trusted and credible Muslim doctors and medical experts who specialise in medicine, vaccines and viruses.

Hence the Australian Fatwa Council (AFC) concluded the following:

First: Medication is a religious issue and concern, as mentioned by the Prophet Mohammad (Peace Be Upon Him) **"Make use of medical treatment, for Allah has not made a disease without appointing a remedy for it."** [Sunan Abi Dawud 3855]

Second: The Australian Fatwa Council consulted with Muslim doctors and medical experts who specialise in the field of vaccines and viruses seeking clarity on the composition of the Coronavirus (COVID-19) vaccine and its effects. The following was the outcome; The Muslim doctors and medical experts scientifically confirmed that the vaccines (specifically: Pfizer and AstraZeneca) do not contain any prohibited substances or ingredients and that they have met the clinical standards of the TGA (at this stage Pfizer vaccine only. Astra Zeneca TGA application for approval is in progress and is also expected to be approved by the TGA quite soon), deeming them safe.

Based on what was conveyed by the trusted Muslim doctors and medical experts, the vaccine for the Coronavirus (COVID-19) is permissible according to the Islamic law as there is no known religious harm attributed to being vaccinated nor does it contain any forbidden substances. The vaccine will be considered necessary if there is any possible risk of harm to other humans due to non-vaccination. There is a religious obligation to preserve human life that has been honoured by Allah the Almighty.

And Allah Knows better.

Attached is the document issued by the committee of doctors and experts specialising in the field of vaccines and viruses, which includes the most important questions (which were presented to the doctors and medical experts by the Australian Fatwa Council (AFC)) related to the Coronavirus vaccine.

AUSTRALIAN NATIONAL IMAMS COUNCIL
Postal Address: PO Box 5911, Chisholm NSW 2186 AUSTRALIA
Sydney Office: B3, 13, 20 Worth Street, Chisholm NSW 2186 AUSTRALIA
Melbourne Office: 146 Sydney Road, Colarug North VIC 3088 AUSTRALIA
Phone: +61 1399 785 948 Email: info@anic.org.au

www.anic.org.au

Statements of support from religious organisations on COVID-19 vaccinations

[Link: Anglican Church - Newcastle](#)



18 February 2021

PASTORAL LETTER FROM THE ANGLICAN BISHOP OF NEWCASTLE REGARDING COVID VACCINATIONS

Dear people,

In the coming weeks, COVID-19 vaccines will be available in Australia. This is good news.

Overseas evidence is showing that the immunisation program is reducing the number of hospital admissions and reducing the severity of illnesses arising from the virus. This also is wonderful news.

At the heart of the Christian understanding of human relationships is God's command, emphasised through his Son Jesus, that we are 'to love our neighbour'. This is captured in the Anglican Mark of Mission, 'to respond to human need by loving service'. You may have seen pictures of the Archbishop Justin of Canterbury receiving his vaccination and heard that Pope Francis has also been immunised.

The clear scientific evidence is that when a sufficient number of members of the community are immunised the risks associated with COVID reduce significantly. We will still need to engage in social distancing, hand-hygiene, careful attention to outbreaks and mask wearing in some circumstances. However, with a successful immunisation program, we will be able to engage more fully in activities that promote a good society (locally and globally) and ensure human flourishing. This places a personal responsibility on each of us to consider receiving the vaccine when it becomes available to us as an act of loving service.

Late last year, there was significant media coverage reflecting concern about the source of stem cells that been used in the development or testing of the vaccine. Since then, the Congregation of the Doctrine of Faith of the Roman Catholic Church has considered this matter carefully and advised their faithful that 'All vaccinations recognised as clinically safe and effective can be used in good conscience'. The Orthodox Union and the Rabbinical Council of America have strongly encouraged all those eligible to access the COVID-19 vaccination to do so. The British Islamic Medical Association has also strongly supported vaccination.

I strongly encourage all Anglicans and all citizens, to be vaccinated when the opportunity for them to do so arises as part of the Commonwealth Government vaccination roll out. Every person should do so on the basis of any advice they receive from their medical practitioner.

I also strongly encourage us all to be patient about the vaccination roll out. As global citizens, we know that the tragic toll the pandemic has taken will be lessened when all countries, especially some of the poorest, have equitable access to the vaccines. I commend the work of the Australian Government in assisting the availability of vaccines in our region.

Please continue to pray for those affected by or responding to COVID as well as those who have the responsibility of ensuring our community is safe for all people.

With every blessing,



The Rt Rev Dr Peter Stuart
Bishop of Newcastle

Bishop Peter Stuart
bishop.p@newcastle.anglican.org.au

Phone: (02) 4906 0700
Web: newcastle.anglican.org.au
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PO Box 517
Newcastle NSW 2300

[Link: Hindu Council of Australia](#)



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HINDU COUNCIL OF AUSTRALIA

DEEPAWALI ADMIN MY HCA EVENTS ONLINE COURSES PROJECTS HINDUISM

[Home](#) » [Chapters](#) » [National Team](#) » Hindu Council supports Covid-19 vaccination

Hindu Council supports Covid-19 vaccination

March 17, 2021 by [HCASJ](#)

By: Bhagwat Chauhan.

Hindu Council of Australia urges all Australians to get themselves vaccinated for Covid-19 as and when it becomes available to them.

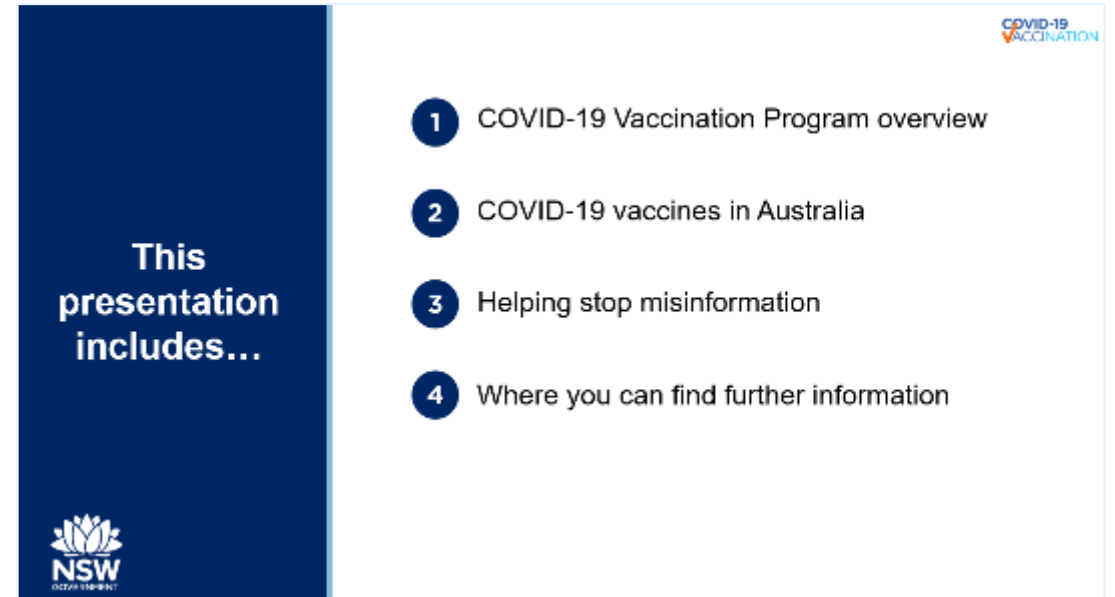
You can also find links below to Consumer Medicines Information about the COVID-19 vaccines:



COVID-19 Vaccination Program: vaccination presentation (for sharing with community)

A presentation has been designed to provide **community leaders** and **organisations** information on the COVID-19 Vaccination Program and help them deliver this information to their audiences.

To assist, additional talking points, links to further information and relevant sources are provided in the notes section of the presentation where needed.



[Link: COVID-19 vaccination presentation](#)

The **Australian Government COVID-19 Vaccines Multicultural Outreach stakeholder pack** for May 2021 is now available.

This pack contains the latest information about COVID-19 vaccines available to everyone in Australia, including in-language communication resources.



[Link: Australian Government COVID-19 Stakeholder Pack \(May 2021\)](#)

COVID-19 Vaccination Program: Australian Government content libraries by language

The below links provide access to the Australian Government's COVID-19 Vaccine Resource Hub. Here you can download additional videos, audio files, social content and posters.

Content can be downloaded by clicking on the arrow below each piece of content.



Links:

<u>Arabic</u>	<u>Arabic – Sudanese</u>	<u>Assyrian</u>	<u>Burmese</u>	<u>Dari</u>	<u>English</u>	<u>Greek</u>
<u>Hazaragi</u>	<u>Hindi</u>	<u>Indonesian</u>	<u>Italian</u>	<u>Japanese</u>	<u>Karen</u>	<u>Khmer</u>
<u>Korean</u>	<u>Lao</u>	<u>Macedonian</u>	<u>Malay</u>	<u>Nepali</u>	<u>Persian – Farsi</u>	<u>Polish</u>
<u>Portuguese</u>	<u>Punjabi</u>	<u>Russian</u>	<u>Serbian</u>	<u>Simplified Chinese</u>	<u>Somali</u>	<u>Spanish</u>
<u>Swahili</u>	<u>Tagalog – Filipino</u>	<u>Tamil</u>	<u>Thai</u>	<u>Traditional Chinese</u>	<u>Turkish</u>	<u>Urdu</u>
<u>Vietnamese</u>						

COVID-19 Vaccination Program: SBS Coronavirus Portal

In conjunction with the latest information on nsw.gov.au, SBS also has information about COVID-19 vaccines and COVID-19 updates available in more than 60 languages.



[Link: sbs.com.au/language/coronavirus](http://sbs.com.au/language/coronavirus)

Australia's COVID-19 vaccine

First priority populations

- Aged care and disability care residents
- Residential aged care and disability care workers
- Priority frontline healthcare workers
- Priority quarantine and border workers

Residential Disability and Aged Care Facilities

Vaccination Hubs

Australian Government Department of Health sbs.com.au/coronavirus

[Link: sbs.com.au/language/english/coronavirus-vaccine-rollout-in-australia-in-your-language](http://sbs.com.au/language/english/coronavirus-vaccine-rollout-in-australia-in-your-language)

COVID safe behaviours content

Following pages include:

- Newsletter content
- Check-in resources
- Symptoms, testing and isolation resources
- Hand washing resources
- Wearing a mask and physical distancing resources
- COVID-19 information (in-language)

Community communication: newsletter/website content

Here's how you can help NSW stay COVID safe

COVID-19 vaccinations have started in NSW. Although vaccination is an important part of helping protect against COVID-19, it's just one piece of the puzzle. Continuing to maintain COVID safe behaviours is just as vital.

There are seven things you can do to help NSW stay COVID safe:

1. Get vaccinated when it is your turn
2. Check-in and out of venues wherever you can. You can do this through the [Service NSW app](#) or other electronic record-keeping systems
3. Get tested immediately if you have any COVID-19 symptoms, even if mild. Self-isolate until you get a negative test result
4. Wash your hands regularly
5. Choose to go outdoors, or use large well-ventilated indoor spaces, when meeting family and friends
6. Physically distance where you can. It is strongly recommended to wear a face mask in situations where it's difficult to keep your distance, such as on public transport.

If we do this we can continue to do the things we love, be with our family and friends, and help keep our community open.



To download right click and select 'Save as Picture'

Note: The following pages have links to translated content for COVID safe behaviours

COVID safe behaviours: check in and out venues



Links to download:

[Arabic](#), [Assyrian](#), [Bangla](#),
[Simplified Chinese](#), [Traditional Chinese](#), [Dari](#), [English](#), [Farsi](#),
[Greek](#), [Italian](#), [Korean](#), [Nepali](#),
[Spanish](#), [Tamil](#), [Thai](#),
[Vietnamese](#)



Links to download:

[Arabic](#), [Assyrian](#), [Bangla](#),
[Simplified Chinese](#), [Traditional Chinese](#), [Dari](#), [English](#), [Greek](#),
[Italian](#), [Korean](#), [Nepali](#), [Persian](#),
[Spanish](#), [Thai](#), [Vietnamese](#)

COVID safe behaviours: symptoms, testing and isolation

Coronavirus (COVID-19)

COVID-19 Testing

Who should get tested?
Anyone with sick or flu-like symptoms, even if very mild, should get a COVID-19 test as soon as possible. COVID-19 symptoms include:

- Fever, chills, night sweats
- Respiratory symptoms such as cough, sore/scratchy throat, runny nose, shortness of breath, loss of smell or taste
- Other symptoms including muscle and joint pain, conjunctivitis (redness) and loss of appetite.

Where can I get more information about self-isolating?
<https://www.health.nsw.gov.au/coronavirus/about/2020/06/23/covid-19-self-isolation>

What to expect when you get tested?

- Testing is free, safe and quick.
- If you have been referred to a testing clinic, please take your referral with you. This is not needed for most clinics.
- Staff at testing and respiratory clinics will be wearing masks, gloves and face shields.
- Staff will ask you about your symptoms.
- Swabs are taken from inside your nose and your throat.

What happens after I get tested?


- You must stay at home (self-isolate) until you get your test result and are well.
- You cannot leave your home unless you are seeking medical care or in an emergency. You cannot have visitors.
- If your symptoms become serious (e.g. difficulty breathing), call Triple Zero (000). Tell the ambulance staff you have been tested for COVID-19.
- If you are sharing your home with others you should separate yourself in another room. Wear a surgical mask when you are in the same room and keep 1.5 metres away.

How will I get my results?

- You will usually receive your test result within 24 to 48 hours, but please allow up to 72 hours.
- If you had your test done at an Emergency Department or public hospital COVID-19 clinic you can receive your COVID-19 negative test result by SMS. If you register for the fortnightly COVID-19 test results service, if you don't register you will receive a call from a Public Health officer at your Local Health District.
- If you had your test ordered by your GP or at other sites, your doctor will give you your results.

What happens if I test positive?







- NSW Health will look after you. There will be no cost for your treatment, even if you don't have Medicare.



Got symptoms? Get tested.


Anyone with COVID-19 symptoms should be tested.

Symptoms include:

-  Fever
-  Cough
-  Sore throat
-  Difficulty breathing
-  Loss of smell
-  Loss of taste

Other reported symptoms of COVID-19 include: fatigue, runny nose, muscle pain, joint pain, nausea/vomiting, diarrhoea, loss of appetite or other flu-like symptoms.

Testing is free, quick and easy with no appointment.



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How do I self-isolate?

Stay at home
• Do not work, school, shopping, visiting, or go to public places, including work, school or university.
• You can leave your home only for essential services.

Self-isolate
• Do not visit friends or family.
• Do not go to public places, including work, school or university.
• Do not use public transport.

Wash your hands often
• Use soap and water for at least 20 seconds.
• Use hand sanitizer if you don't have soap and water.

Cover your mouth and nose
• Use a tissue or your elbow to cover your mouth and nose when coughing or sneezing.
• Dispose of tissues immediately.

Check whether you're well when you're out
• If you feel unwell, stay at home and get tested.
• If you're well, avoid public places and public transport.

Call Triple Zero (000) if you have serious symptoms
• Call Triple Zero (000) if you have serious symptoms, such as difficulty breathing, chest pain, or confusion.

Get tested
• Get tested as soon as you have symptoms.
• Testing is free, quick and easy with no appointment.



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COVID safe behaviours: wash hands regularly



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COVID safe behaviours: wear a mask when you can't physically distance from others or where required

COVID-19
ارتداء الكمامة يمكن أن يساعد على وقف انتشار COVID-19

ارتداء كمامة (3):

- كان لا يمكنك البقاء على بعد 1,5 متر عن الآخرين
- كانت لديك أعراض وكنت ستذهب لإجراء فحص
- كنت في عزلة في نفس الغرفة مع شخص آخر.

هذه هي الطريقة التي يجب أن ترتدي بها كمامتك

الخطوة الأولى:
اغسل يديك لمدة 20 ثانية بالصابون أو مطهر كحولي قبل ارتداء الكمامة. إن غسل يديك يوقف انتقال الجراثيم من يديك إلى أنفك، فمك، وعيونك.

الخطوة الثانية:
تأكد من ارتداء كمامتك بالشكل الصحيح إلى أعلى وأعلى. ألقها وحملك وانفك. لا تلمس كمامتك عندما تكون على وجهك. يمكنك وضع كمامتك في المعدل بإخراج هذه الخطوات الصحيحة.
www.health.nsw.gov.au/infectious/conditions/asthma/Pages/asthma-3-steps-to-wearing-a-mask.aspx

الخطوة الثالثة:
العمل بديك مرة أخرى بعد ارتداء كمامتك.

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NSW Health strongly recommends you wear a mask when you are:

Inside places where it is difficult to keep 1.5 metres distance from other people:

For example:

- public transport such as on buses or train
- supermarkets and small grocery shops

Inside places where there are a lot of people:

For example:

- restaurants, pubs, clubs
- places of worship such as churches, mosques, temples etc.

If you are sick and going to the doctor

If you are a patient, carer or visitor to a hospital or community health centre

If you are getting tested for COVID-19

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nsw.gov.au/covid-19

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COVID safe behaviours: Keep physically distancing from others where you can

Please always stay 1.5m apart.

> HELP US STAY COVID SAFE

For the latest information about COVID-19 visit nsw.gov.au

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COVID-19
Keep yourself and your loved ones safe

- Stay 1.5 metres or two big steps away from other people
- Follow NSW rules for gatherings and activities (individuals and businesses). Follow advice to avoid COVID-19 hotspots
- Don't attend big family gatherings. Catch up with a small group instead
- Stay safe when out and about. Take hand sanitiser with you. Clean your hands often
- No shaking hands, hugging or kissing other people who don't live with you
- Stay in if you feel unwell. Get tested if you have any symptoms. Avoid contact with others until you are well

COVID-19 symptoms

- Fever
- Cough
- Some breathlessness
- Shortness of breath
- Loss of smell
- Loss of taste

Stay Safe

- Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand sanitizer
- Cover your nose and mouth when coughing or sneezing with a tissue or your elbow. Use the tissue in the bin and wash your hands

For more information call the National Coronavirus hotline on **1800 020 080** (available 24/7). For free help in your language call **13 14 50**.

www.nsw.gov.au/covid-19

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Ապահովե՞ք բոլորիս անվտանգությունը
Տիզիկական հեռավորության պահպանումը

Եղյատուում է #Ռ-ԿԻ-19 վարակի տարածման կանխարգելմանը համայնքներում:

- Պահպանե՛ք 1.5մ կամ 2 մեծ քայլի չափ հեռավորություն միմյանցից:
- Չեանե՛ք երբ Շարժվալիս Ունեյի (NSW) Հավանքն ընդհարեալ կտեսնեք (անհատական և գործնական):
- Մահմանափակե՛ք սպեկուլյունն երբ ընտանիքի անդամներին կամ ընկերակիցներին: Փոխարենը, խոսե՛ք կրակե Շարժանառով կամ առցանց:
- Քաղցրա զարուճ մարդկեը թույլատրեի է՝ այլ մարդկանցից 1.5մ հեռավորություն պահպանե՛ք:
- Իրատեղեք Ձեռք եղմունեից, սրբիտանությունեից կամ համբուրե՛ք:
- Մտուգե՛ք, երբ որևէ պիտանյաններ սանեք: Ինքնամկրտազվեք միշտ և Ձեր ստուգման արդյունքների ստանալը:

Անվտանգ մնացե՛ք:

- Կտակեք Ձեռք եղե՛ք տեղեկաբ 20 վայրկեանով կամ երկուսուսուկով կամ երկուսուսուկով Ձեռքեր սրբալուրեք:
- Օրոքեք կամ ժողոքեք ժողոքեք սրբալուրեք կամ ձեռքեր սրբալուրեք: Երբեք սրբալուրեք անձանցից կամ ձեռքեր սրբալուրեք:

#Ռիզ-19 պիտանյանները

- Մեմոնալ
- Հոլ
- Ինտերնետ
- Ինտերնետ

Հավելյալ տեղեկությունների համար

Նախաճաճ Քորոնավիրուսի տարածման կանխարգելմանը համայնքներում: 1800 020 080 (հասանալի 24/7): Բեռնազատ օգնություն համայնքներում: 13 14 50 (հասանալի 24/7): www.nsw.gov.au/covid-19

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COVID safe behaviours: Read COVID-19 information in language

COVID-19

Read COVID-19 information in Arabic

يُرجى قراءة معلومات عن COVID-19 بالعربية

Click on bit.l

انقر هنا bit.ly/3hwbxqf

NSW GOVERNMENT

COVID-19

Read COVID-19 information in Arabic

يُرجى قراءة معلومات عن COVID-19 بالعربية

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