

# STOP THE SPREAD

**STAY STRONG**

## TIPS TO STAY POSITIVE

- Keep to a daily routine
- Stay in touch with friends and family
- Practice your culture and traditions from home if you can. For example, sharing stories and family history
- Get your news about coronavirus (COVID-19) from reliable sources
- Exercise and eat well

- Get a good sleep, aim for 8 hours per night
- Avoid using tobacco, drugs or alcohol to deal with stress and worry
- Be patient and kind to others, it's a challenging time for everyone
- Get some fresh air
- Your moods may change and you could experience sadness, anxiety, frustration, and fear. Get help if you can't shake these feelings or they worsen.

Contact your local clinic or one of the services below

### SUPPORT SERVICES

- SA COVID-19 Mental Health Support Line (8am to 8pm, 7 days): 1800 632 753
- Lifeline Australia: 13 11 14
- Alcohol & Drug Information Service (ADIS): 1300 13 1340



**SLEEP WELL**



**EAT WELL**



**KEEP CULTURE STRONG**



**GET ACTIVE**

### FURTHER INFORMATION

**SA Government COVID-19 website**  
[www.covid-19.sa.gov.au](http://www.covid-19.sa.gov.au)

**AHCSA COVID-19 website**  
[www.ahcsa.org.au](http://www.ahcsa.org.au)

