

# Coonamble Aboriginal Health Service Ltd

Corporate Services: 17-19 Castlereagh St

A: PO Box 36 Coonamble NSW P: 02 6822 0000 F: 02 6822 5218



## A Message to the Coonamble Community

1 April 2020

On behalf of the Board of Directors of Coonamble Aboriginal Health Service and as Chief Executive Officer, I am writing to advise the community of Coonamble that a member of our community has tested positive to COVID-19.

This information was confirmed by NSW Health on Tuesday 31<sup>st</sup> March 2020. In line with recommendations from NSW Health, this person, the confirmed case, is now self-isolating.

NSW Health informs us that they have notified all community members who have been in close contact with this person, who is now required to self-isolate for 14 days from their last contact. There have been no further confirmed cases at this stage, but testing has been undertaken or offered to those who NSW Health have determined need it.

I want to assure you all that we are following the strict advice and guidance of NSW Health, and our staff are ready to provide high-level healthcare during the COVID-19 pandemic.

Coonamble AMS will continue to work closely with NSW Health, including our local Public Health Unit, Centre for Aboriginal Health and the Aboriginal Health & Medical Research Council (AH&MRC) of NSW to ensure we respond to this novel Coronavirus (COVID-19) outbreak to slow the spread of this virus and keep our community safe, healthy and strong.

We are urging all members of our community to be vigilant about health hygiene habits and practice social distancing to help us slow the spread of this virus.

Everyone can do these things to help:

- Wash your hands for 20 seconds with soap and water or hand sanitizer regularly
- Cough and sneeze safely. Cover your nose and mouth with a tissue or your elbow when you cough and sneeze. Throw the tissue in the bin and wash your hands straight away.
- Everyone should stay home as much as possible except to go to school, work, get groceries, pick up medications or go to the doctors.
- If you're sick, especially with flu like symptoms don't go to school or work. Stay home except to get medical care.
- Read more about the strict social distancing rules [here](#).

### If you have symptoms of COVID-19 get tested early

If you are feeling unwell and think you may have symptoms of Coronavirus, it is important to get tested early. Call your AMS before you come in, as this will help staff give you the right level of care.

Common symptoms of Coronavirus (COVID-19) include:

- Fever
- Cough
- Sore throat
- Shortness of breath

If you're worried about these symptoms, you can also make a free call to the Health Direct Hotline on 1800 022 222 to speak with a registered nurse 24 hours, 7 days a week.

### **Current advice on self-isolation and staying home**

Certain people have been advised by public health professionals that they must self-isolate.

You must home-isolate if you:

- Have COVID-19 or are being tested for it
- Have travelled overseas or;
- Have been in close contact with a person with a COVID-19 infection

This means staying at home and not going to work, school, university, day care, any public areas, shopping centres or using public transport. You can leave home-isolation to see a doctor, but you should call your AMS before you visit.

We have taken great steps to prepare for COVID-19 and I am confident we will continue to support our community during this difficult time.

We will keep you updated with health advice on COVID-19 as the situation changes.

For reliable information we recommend that you go to a trusted source like the AH&MRC [website](#) or the NSW Health [website](#).

Warm regards,



Phil Naden  
Chief Executive Officer  
Coonamble Aboriginal Health Service