

10 TIPS TO HELP YOU COPE WITH COVID-19 RESTRICTIONS

Call: 3826 1500



This tip sheet provides information to help Logan people cope with life in the time of the COVID-19 pandemic, including how to prepare, how to cope and how to make sure you can keep living your life so when the restrictions are lifted you can pick up your normal life.

KEEPING UP TO DATE



Stay informed

We all need to follow the advice and stop the spread of COVID-19. This means practising good hygiene and staying at home as much as possible. The best way to stay informed is to regularly check the official COVID-19 sites:

- <https://www.Australia.gov.au/> or download the Coronavirus (COVID-19) app
- <https://www.covid19.qld.gov.au>

PREPARING FOR LIFE AT HOME



Get connected to the internet

The best way to prepare for COVID-19 is to ensure you can make full use of digital technologies – to manage your health and wellbeing, access education and services, organise your finances and connect with friends and family. The Australian Communications Consumer Action Network has a range of resources for consumers:

- <https://www.accan.org.au/>



Set up to work or study at home

If you or someone in your household will be studying or working at home, you may need to set up a home office or study space and get a laptop if you don't already have one. Good Shepherd Microfinance might be able to help by providing a no interest loan to cover the cost of setting up a home office or study space including purchasing a laptop:

- <https://goodshepherdmicrofinance.org.au/>



Stay in touch

You should talk to your family and friends about how you can support each other if someone has to isolate because of COVID-19. People may need help getting groceries or other household essentials, or they may need help getting to medical appointments because they can't use public transport. Work out ways you can stay in touch even if you can't physically spend time together.



Sort out your banking and finances

Prepare a budget that focuses on the essential costs of living such as rent, food and essential services including transport, electricity, phone and internet. It's a good idea to set up online banking and consider getting a debit card so that you can pay for things online. If you are having trouble paying your bills or your rent you can contact:

- Moneysmart managing on a low income:
- <https://moneysmart.gov.au/budgeting/managing-on-a-low-income>
- the National Debt Hotline: <https://ndh.org.au> or call 1800 007 007
- Tenants Queensland: <https://tenantsqld.org.au/>

PREPARING FOR LIFE AT HOME



Have a plan to get essential supplies

Try to stock up on essentials to last a couple of days. Focus on the things you might need if you cannot leave the house to get essential items such as food, prescriptions, soap, toothpaste, feminine hygiene products, nappies, disinfectant and detergent. You should have a plan for how you will access these things on an ongoing basis such as online shopping or having a friend or family member drop them off.

- Contact your local Woolworths, Coles or IGA to find out about options
- See the COVID-19 Home Medicines Services or contact your local pharmacist if you need prescription medicine while at home
- Contact any services that you are currently accessing to find out what they might be able to do to support you

COPING WITH LIFE AT HOME



Live your life

Do what you can to continue your day to day routine such as working from home, exercising at home, accessing services online, studying online or contacting your child's school to find out about at home learning opportunities.

- The Queensland Government has information about education:
<https://www.covid19.qld.gov.au/government-actions/education>



Look after your wellbeing

Find ways to stay connected to friends, family or social groups online or over the phone. If you have children, dedicate time to spend together and find ways to create space and alone time when you need it. Try to share household duties and think about how you will support each other when things get tough.

- Check out local social media support groups and websites providing tips on how to keep you and your children entertained while at home



Be kind to each other

The most important thing you can do in this time is to be kind to each other, find ways to manage your stress and reach out for help if you need it.

- The Ask Izzy service directory or the My Community Directory can assist you to find social services that can help.
- Or try the Queensland Government novel-coronavirus-covid-19 page at
<https://www.covid19.qld.gov.au/>



Stay safe

If you are currently accessing services such as NDIS, aged care, mental health services, financial counselling services or health treatment, make sure you contact your service provider to develop a plan to continue to get the help you need. If you or your children are experiencing or at risk of domestic or family violence make sure you have a plan to keep safe.

- Call the Domestic Violence Helpline on **1800 811 811** if you are experiencing domestic, family, or sexual violence or the Mensline on **1800 600 636** for healthy strategies to employ alternatives to violence.