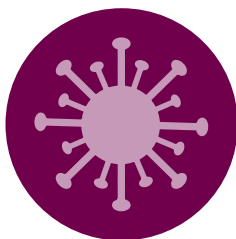


# Tips to help with the impacts of COVID-19

The Tasmanian Government is closely monitoring the rapidly changing situation regarding COVID-19 in Tasmania and its potential impacts on the community.

The Department of Communities Tasmania has prepared this fact sheet to provide useful information and important links for Tasmanian Aboriginal people and organisations.

## About COVID-19



### What is coronavirus and COVID-19?

Coronaviruses are a large family of viruses that can cause respiratory illness.

The current coronavirus disease outbreak is named COVID-19.



### What are COVID-19 symptoms?

Like a cold or the flu - fever, runny nose, cough or a sore/itchy throat.



### COVID-19 testing

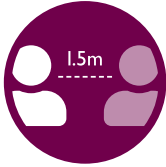
If you feel unwell with cold or flu-like symptoms (including runny nose, cough, sore/itchy throat or shortness of breath), call your GP or the Public Health Hotline on **1800 671 738** to book a test.

For further information visit [coronavirus.com.au](https://coronavirus.com.au)



For more information visit  
[www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)

## Restrictions & Hygiene



### Stopping the spread

To help slow the spread of COVID19 you must:

- wash your hands often
- keep 1.5m away from other people

### Lifting Restrictions

The restrictions are lifting over 3 stages in May, June and July.

Find details about these changes on the [coronavirus.tas.gov.au](http://coronavirus.tas.gov.au) website.



## Travelling and quarantine



### Who must quarantine for 14 days at their home?

Tasmanian and island residents coming home from another state or overseas.



### Latest details about travelling

Border control and quarantine - [dpiipwe.tas.gov.au/biosecurity](http://dpiipwe.tas.gov.au/biosecurity)

Travelling and quarantine - [coronavirus.tas.gov.au](http://coronavirus.tas.gov.au)



## Financial Support for individuals

Both the Tasmanian and Australian Governments have introduced financial assistance measures for individuals affected by COVID-19 shutdowns.

### Help paying your bills .....



#### Council rates

Councils are offering options to help, including:

- flexible payment options
- discounts or rebates on rates
- rate relief grants

More information - [lgat.tas.gov.au](http://lgat.tas.gov.au)



#### Water, electricity and phone bills

**TasWater** bill payment support - [taswater.com.au](http://taswater.com.au)

**Aurora** bill relief, waiving fees and charges, freezing debt, or payment plans - [auroraenergy.com.au](http://auroraenergy.com.au)



**1st Energy** payment assistance. Call **1300 426 594** or email [support@1stenergy.com.au](mailto:support@1stenergy.com.au)



**Telstra** - Extra data, late fees waived for bills that become overdue between 19 March to 30 June 2020, and unlimited standard home phone calls for pensioners.



#### Services Australia additional help

If you already receive a payment from Services Australia, such as Centrelink payments, you may be eligible for other support. More information - [servicesaustralia.gov.au](http://servicesaustralia.gov.au)



#### More information

The Australian Government Department of Social Services website has up-to-date information on assistance available to individuals - [dss.gov.au](http://dss.gov.au)



 Financial Support for individuals (continued)

No Interest Loan Scheme (NILS) .....



The Tasmanian Government will provide an extra \$1 million to the [No Interest Loans Scheme \(NILS\)](#) to support low-income families obtain affordable finance for goods and services.

This additional funding will ensure NILS have enough volunteers and delivery partners to help people who are in financial stress at times of increased unemployment due to sudden job losses.

Disability support .....



National Disability Services Tasmania has been provided with \$15,000 to help them give support to those with disability facing additional challenges caused by COVID-19.

This will complement the support provided by the National Disability Insurance Scheme (NDIS).

More information [here](#).

Families with children .....



**School levies**

School levies for this year have been waived or refunded. If you have already paid schools levies, the Government will arrange a refund.



## Information for Aboriginal organisations assisting in the community

### Personal Protection Equipment .....



#### Stay updated

The situation with coronavirus is changing regularly. Stay up to date by visiting [information for providers](#) on the use of Personal Protective Equipment (PPE).



#### Where essential service providers can purchase PPE

Unable to obtain PPE from your normal supplier?

The Tasmanian Government has contracted St John Ambulance to coordinate the supply of PPE.

Contact St John Ambulance on **1300 360 455** or [ppe@stjohntas.org.au](mailto:ppe@stjohntas.org.au) for assistance.

The Government's temporary PPE Supply Register lists manufacturers and suppliers of PPE products - [stategrowth.tas.gov.au/coronavirus](http://stategrowth.tas.gov.au/coronavirus). (The register will be removed when increased demand for PPE has subsided.)

### Business support and advice .....



#### COVID-19 Business Support, Grants, Coaching, Stimulus packages and more

[Business Tasmania's website](#) has a comprehensive list of support available.



Information for Aboriginal organisations assisting in the community  
(continued)

## Financial support



### Flexible Active Families Fund

\$70,000 for the Flexible Active Families Fund to support children and families receiving family preservation or family restoration services or Intensive Family Engagement Services, to access essential cleaning and hygiene products and mobile communication technologies.

For more information visit [Child Safety Services](#).



### Family Violence Flexible Support Packages

Flexible Support Packages are designed to provide a holistic response to people experiencing family violence by assisting them to access supports when leaving an abusive relationship. Packages of up to \$3,000 will be available to purchase basic items like food, clothing, and to pay some bills (utilities, phone), medical or pharmaceutical costs not covered by Medicare or the Pharmaceutical Benefits Scheme, relocation costs, furnishings and whitegoods to support stability and safety at home.

For more information visit [coronavirus.tas.gov.au/stimulus-and-support/community](http://coronavirus.tas.gov.au/stimulus-and-support/community).



### Family Violence Rapid Rehousing Program

Family Violence Rapid Rehousing is designed to quickly help vulnerable households experiencing family violence into safe and affordable homes.

For further information on this initiative read the [Fact Sheet](#) on the Communities Tasmania website or contact Housing Connect on **1800 800 588**.



## Information for Aboriginal organisations assisting in the community (continued)

### Resources

.....



#### Older Tasmanians

The Council on the Ageing has put together a list of resources that may be able to assist older people in your areas.

This information is available [here](#).



#### Health resources appropriate for Aboriginal and Torres Strait Islander people

Aboriginal and Torres Strait Islander people 50 years and older with one or more chronic medical conditions are at higher risk.

The National Aboriginal Community Controlled Health Organisation (NACCHO) has culturally appropriate and useful information available on the NACCHO website [here](#).



#### Mental health support

A Tasmanian Lifeline - **1800 984 434** will provide information on the resources available to support those impacted by the unprecedented changes in the way Tasmanians go about their daily lives.



## Information for Aboriginal organisations assisting in the community (continued)

### Other places to find information .....

#### Helpful websites

The **Australian Government Department of Health** website is regularly updated with the latest COVID-19 information and resources, including details of the latest infection control measures and physical distancing guidelines ([www.health.gov.au](http://www.health.gov.au)).



Details of the **Tasmanian Government's support and stimulus packages** for businesses are available from the Department of State Growth website ([www.stategrowth.tas.gov.au](http://www.stategrowth.tas.gov.au)) and [here](#).

**Indigenous Visual Arts Industry Support (IVAIS) Program** helps fund the operations of around 80 Indigenous-owned art centres, and a number of art fairs, regional hubs and industry service organisations. Information [here](#).

**Business Australia** website has up-to-date information on assistance available to businesses ([www.business.gov.au](http://www.business.gov.au)).



#### General Information

For general information about COVID-19, including the national response, call the National Coronavirus Information Line on **1800 020 080**.