

I am feeling sick... What should I do?

6 easy steps

1 Masks
Wear a good quality mask to protect from COVID and flu



2 Ventilation
Ensure airflow when gathering indoors or go outside!



3 Isolation
Stay home if unwell



4 Testing
Take a RAT if you have symptoms, PCR if high risk



If test is positive, scan this QR code to report to Department of Health



5 Medication
Consult your doctor immediately if positive and high risk



6 Vaccination
Get your third or fourth dose ASAP!



women's health
LODDON MALLEE

DeafVictoria



Women's Health Loddon Mallee acknowledges the Traditional Owners of the land on which we work and provide our services. We pay our respects to Elders past, present and emerging and acknowledge their ongoing living cultures and contribution they make to the life of this region. We recognise the strength and resilience of all Aboriginal and Torres Strait Islander people, and express our hope for reconciliation and justice.

VICTORIA
State Government

This flyer was designed in collaboration with Deaf Victoria

This outreach program is supported by the Victorian Government.

Covid-19 Information – Auslan for deaf and hard of hearing communities

Women's Health Loddon Mallee and Deaf Hub Bendigo are proud to present a series of short information videos for deaf and hard of hearing communities.

The 5 videos, filmed in Auslan, discuss the current Government recommendations around COVID safety measures, including mask-wearing, ventilation, vaccinations, testing and isolation requirements, and how to access anti-viral medications.

Please feel free to share these resources with relevant community and organisations.



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