



STAY AT HOME UNLESS YOU ARE

- ✓ going to work or school
- ✓ getting food, medicine or essential supplies
- ✓ visiting the doctor or making a compassionate visit
- ✓ exercising (no more than two people together in public unless from the same household)



STAY ACTIVE

- ✓ join free online workout programs from home. Follow @Fairfield City Leisure Centres for tips
- ✓ exercise outside while following social distancing rules
- ✓ Council is lighting up some sportsfields to help you exercise into the evening
- ✓ exercise daily to stay healthy



STAY ENGAGED

- ✓ keep in contact over the phone or online
- ✓ ask neighbours if they are ok
- ✓ find the facts health.nsw.gov.au/coronavirus
- ✓ sign up to Mayor's Wellbeing Register by calling 9725 0222



STAY CONNECTED WITH FAIRFIELD CITY OPEN LIBRARIES

- ✓ free digital library collections are available 24/7 to all Fairfield City residents. Join online at www.fairfieldcity.nsw.gov.au/libraries or call 9725 0333
- ✓ call the Home Library Service on 9725 0333 for library deliveries straight to your door



WHERE TO GET HELP

Government assistance numbers 24 hours/7 days a week

- Coronavirus Health Information Line 1800 020 080
- Health Direct to speak to a registered nurse - 1800 022 222 or <https://www.healthdirect.gov.au>

Charities and community organisations can provide a range of support including assistance with food and bills.

- Vinnies (248 Humphries Rd, Bonnyrigg) 9823 1222, Monday - Friday 9am - 12pm
- Salvation Army 1300 371 288
- Mission Australia 9219 2000
- Anglicare 9728 0200
- Community First Step 9727 4333 or cfs@cfs.asn.au
- Woodville Alliance 9724 3807 or info@woodville.org.au
- CORE Community Services 8707 0600 or info@corecs.org.au



- The Parks Community Network (Stockland, 561-583 Polding St Wetherill Park) 9609 7400 or info@parkscommunity.org.au

Priority home delivery services are available if you are elderly, unwell or in self-isolation.

National crisis services, programs and apps are available 24 hours/7 days a week to anyone.

- Lifeline 13 11 14 counselling service
- Kids Helpline 1800 551 800 for young people 5-25 years
- Suicide Call Back Service 1300 659 467
- MensLine Australia 1300 78 99 78
- Domestic Violence Support 1800 737 732 or www.1800respect.org.au
- Mental Health Line 1800 011 511



Fairfield City Mayor Frank Carbone with Leisure Centre staff, who have been helping with Meals on Wheels while the leisure centres have been closed

HELP STOP THE SPREAD



STAY HOME

avoid all non-essential trips into the community



WASH HANDS

for at least 20 seconds with soap and water or use 70% sanitiser



NO MORE THAN 2 IN GATHERINGS

unless you are with people from your household



SOCIAL DISTANCING

keep a distance of 1.5 metres from others



KEEP ACTIVE

provided you maintain social distancing

Find the facts
health.nsw.gov.au/coronavirus

FairfieldCity
Celebrating diversity