

COVID-19 (Coronavirus) Responses

**Kimberley Bulletin #4: Released 9 April at
3:00pm AWST**

**Please check www.kams.org.au for the
latest bulletin.**

This bulletin provides important information for Aboriginal Controlled Organisations and communities in the Kimberley.

COVID-19 Information Hotline:

1800 020 080
(24 Hours)

Call AIWA for Aboriginal language interpreters on
1800330331 or email bookings@aiwaac.org.au

Testing clinics across the Kimberley are now
available (see page 2 for details).
If you need to be tested, please **call ahead of going
in to get tested at any facility or service.**

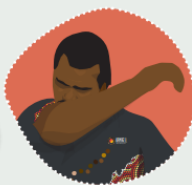
Key Messages:

- Testing clinics are now open at Broome hospital and some other WA Country Health Services (see page 3 for details). If you need to be tested, please call ahead of going in.
- KAMS is now on Facebook and sharing useful information to help keep all mob safe at this time. Like the page: www.facebook.com/KAMSCOVID19/
- Travel restrictions are still in place to help stop the virus:
 - Stay home this Easter long weekend. Avoid all non-essential travel.
 - A two-person limit to gatherings (e.g. going to people's houses for dinner, fishing trips) or in public (e.g. at the park or river).
 - Sorry camps and funerals have a maximum of 10 people.
 - Restrictions on entering a remote community and travel are now in place (see this bulletin for further details)
- Has your community done a **Local Pandemic Action Plan**? If not, please email Covid19rcr@communities.wa.gov.au to start your plan.

Coronavirus is spread by sick people sneezing and coughing, so:



Cover your sneeze and cough



Wash hands



Keep at least 2
big steps away
from people if
you're sick



Try not
to touch
face

Regional travel restrictions still in place

To recap on travel restrictions, it is important to remember there are lots of restrictions in place. Stricter directions apply to those coming to WA via the Kimberley, to protect people living in remote Aboriginal communities. **It is important that we all keep doing these things until we are all told otherwise.**



1. From midnight Thursday 2 April new boundaries, in line with the four local government areas (shires of Broome, Derby West Kimberley, Wyndham East Kimberley, Halls Creek) within the Kimberley region will be in place. People must stay in their local government area. The existing exemptions apply, such as provision of essential services or supplies, freight, medical reasons or compassionate grounds.
2. The WA Government has announced the temporary closure of the Western Australian border. From 11.59pm, on Sunday, April 5, people will no longer be able to enter Western Australia without an exemption.

3. The need for people to self-isolate outside the designated area for 14 days is a key strategy to reduce the spread of COVID-19. As a result, on 7 April 2020 several amendments were made to the Biosecurity Determination 2020 to further protect some of our most vulnerable members of society.

Under the updated Determination, from Monday, 13 April 2020 all people must self-isolate for 14 days prior to entering a biosecurity designated area, including returning residents and people performing an essential activity. Exceptions apply where there is an urgent need to perform an essential activity, or other exceptional circumstances.

How long will these restrictions be in place?

The Federal Biosecurity Act 2015 restrictions started on 26 March 2020 and will end on 18 June 2020. It is not known at this time whether they will be extended. The State Government's travel restrictions came into effect on 18 March 2020 (remote Aboriginal communities), 1 April 2020 (travel between regions), and 2 April 2020 (travel within the Kimberley). The end date of the restrictions is not known at this time.

Western Australians who are aware of someone breaching a requirement to self-isolate or travel restrictions, please contact Crime Stoppers on 1800 333 000 or WA Police on 131 444.

If you need more information please visit: www.wa.gov.au/government/covid-19-coronavirus

Can I enter the Kimberley?

There are strict rules in place to stop anyone entering the Kimberley. If you need to enter into a Designated Biosecurity Area (Kimberley, East Pilbara, or Ngaanyatjarraku), you will need to complete an [Entry into Designated Biosecurity Areas Form](#), which asks you who you are, where you are going and you have to agree to certain rules, like self-isolation for 14 days prior to entering a biosecurity designated area.

If you sign the form and come into the Kimberley, it's important that you do what you have been told to do. Failure to comply with the Biosecurity (Human Biosecurity Emergency) (Human Coronavirus with Pandemic Potential) (Emergency Requirements for Remote Communities) Determination 2020, made under the Biosecurity Act 2015 (Cth) is an offence punishable by a fine of up to \$63,000 for individuals and/or imprisonment up to 5 years.

You may not enter the Designated Biosecurity Area unless and until you are advised that the Special Permission has been granted. This may take up to three (3) working days.

Planning for your community

Each remote Aboriginal community should have a clear coordination structure for planning and leading the response to COVID-19. **To get a copy of the template:** [click here](#) or email: Covid19rcr@communities.wa.gov.au or call: Jacinta Thompson on 0466 852 323, or Kelly McIntyre on 0418 473 720 or 9168 0370

COVID-19 Testing in the Kimberley

A dedicated COVID clinic opened at **Broome Hospital** on Wednesday 8 April. The clinic will operate from 8.30am-4pm, seven days a week and will be staffed by clinicians and administrative teams following strict infection control measures.

In other Kimberley communities, those requiring testing are able to attend any WA Country Health Service hospital or health service, including **Derby Hospital, Fitzroy Crossing Hospital, Halls Creek Hospital, Kununurra Hospital** and **Wyndham Hospital**. In remote communities, please call your local clinic to make the appropriate arrangements. .

Any person presenting with BOTH a fever ($\geq 38^{\circ}\text{C}$) or an acute respiratory infection (e.g. shortness of breath, cough, sore throat), or a documented history of fever in the past few days can be tested.

Anyone working within a high-risk setting that presents with EITHER a fever ($\geq 38^{\circ}\text{C}$) OR an acute respiratory infection will be tested. This includes healthcare workers (including aged care and disability workers) and Western Australian Police Officers. This also applies to anyone in the Kimberley.

Testing will also be arranged for anyone from the following high-risk settings where two or more people are experiencing EITHER a fever ($\geq 38^{\circ}\text{C}$) OR an acute respiratory infection:

- aged and residential care;
- rural and remote Aboriginal communities;
- detention centres;
- correctional facilities;
- boarding schools;
- military barracks or equivalent;
- geographically localised areas with increased risk of community transmission; and
- cruise ship passengers or returned travellers (international and domestic).

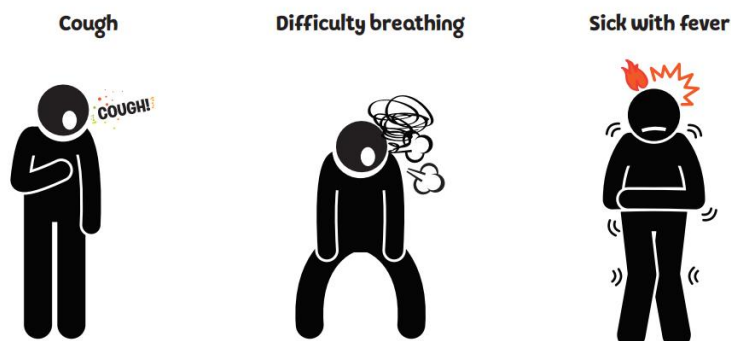
These changes follow the advice given by the WA Chief Health Officer will help find new individual cases and if there is community transmission of COVID-19. Before going in to get tested at any facility or service please call ahead.

From 9 April 2020, WA testing criteria has been expanded.

General public and high-risk staff will be tested if they meet the following criteria:

- presenting with a fever ($\geq 38^{\circ}\text{C}$)
- a history of a fever in the last few days OR
- an acute respiratory infection e.g. shortness of breath, cough, sore throat.

Symptoms can include:



Call the clinic or hospital first if you feel sick with fever, or have difficulty breathing, and have been in close contact with someone with Coronavirus, or if you have recently been any place where Coronavirus has spread.

Isolation and Social Distancing 101

Isolation doesn't apply to me because I'm not sick... does it?

YES! Everyone (young, old, Indigenous, non-indigenous) must practice social distancing and self-isolation. This means staying 2 big steps away from people, and staying home as much as possible. It is important to stop the germs spreading from one person to another and making lots of people sick.

If you do not self-isolate or do physical distancing, you might be fined.

It has been well publicized that Elders in our community are at greater risk if they contract the COVID-19 virus, and they have been advised to stay home. How can you help?

1. Ensure you are communicating with them by telephone or social media if they use it
2. Make a plan for them to notify you if they need you
3. Shop, and leave on doorstep so they do not need to go out for essentials
4. Assist with ensuring they have a good supply of their regular medications
5. If you live in a house with them keep your hands washed and isolate yourself or others if unwell
6. Don't share food, utensils, drink bottles, smokes or play cards without ensuring hands have been washed
7. Make a plan now of who can take care of them if they are sick, and who will be able to replace current carers if the carer gets sick
8. Keep up to date with relevant information and let them know how this affects your ability to visit or attend to their needs
9. Assist with getting them to have their regular chronic disease appointments if advised by doctor
10. Remind them to get the flu vaccine.



We must keep our distance from other people, so no shaking hands and keep at least 2 big steps away.

The best thing we can do to protect ourselves is quality personal hygiene and exercise physical distancing by avoiding unnecessary personal contact. That includes:

- **washing hands often with soap or sanitizer for at least 20 seconds**
- **staying home if unwell**
- **avoiding shaking hands or hugging**
- **maintaining two big steps from others in public and not hanging out in big groups**
- **no sharing smokes/bumpers, bongos, drinks**
- **no playing cards with other people**
- **cover your mouth with your elbow when you sneeze or cough**
- **only going out to get food and essential items, like medicine**



Support for Indigenous Small Business

Morguul Business Toolkit

Morrugul can help you and your business through the Coronavirus crisis. These are challenging times, but Morrugul is here to support you. You can access free resources, online training and a Business Essentials Toolkit designed for Aboriginal businesses on our website. www.morrugul.com.au/

Aboriginal Business Support Package

Indigenous Business Australia (IBA) and the National Indigenous Australians Agency (NIAA) have developed a new business support package to help Indigenous businesses impacted by COVID-19 now and in recovery.

This package is available to IBA and non-IBA customers who have Indigenous businesses impacted by the coronavirus crisis. It will be available from 9 April 2020 and includes:

1. Access to specialist advice – impacted businesses can receive specialist advice from IBA including a rapid assessment of business positioning, cash flow management and assistance to access available stimulus measures
2. Working capital assistance – an application up to \$100,000 through a loan or grant package, (assessed on a needs basis), will be prioritized for businesses who are not eligible for any other government stimulus packages and will include:
 - a grant of up to 50% of the package amount
 - up to a 36-month loan term, no repayments for 12 months and preferential interest rates.

If you are an Indigenous business interested in applying, contact the IBA to register. For anyone already receiving Centrelink payments or allowances, you may automatically receive the Coronavirus Supplement: \$550 fortnightly payment from 27 April 2020 for up to six months, if you are eligible.

For more information visit: www.iba.gov.au/indigenous-business-australia-covid19-support/

Business Impact Survey

RCCIWA have developed a second survey on the Impact of COVID-19 to Regional Businesses in WA.

This will be an ongoing survey, as we know the impacts will change often. The plan is to generate reports at least fortnightly and then send the information to members, stakeholders and Government representatives.

The purpose of these ongoing surveys is to generate real information to assist our Government and the private sector in the continuing development of policy, relief measures, stimulus packages and support services to try and mitigate the economic damage and impact facing businesses as a result of COVID-19. RCCIWA are seeking and receiving the results, and the information and data collected is used to form actions and influence policy. This is genuine and real time information directly from regional businesses in WA, and it is a critical resource that is being well utilised.

This survey will close this Friday April 10th at 5pm AWST. [Click here to participate in the survey](#)

Commercial Tenancies

The National Cabinet has agreed that states and territories are to implement a mandatory Code of Conduct for Commercial Tenancies including retail, office and industrial. The policy will include a mutual obligation requirement on the small and medium sized businesses and not-for-profit tenants to continue to engage their employees through the JobKeeper Payment, where eligible and, if applicable, provide rent relief to their subtenants. Once adopted in WA, the Code is to impose a set of good faith leasing principles for application to commercial tenancies (including retail, office and industrial) between owners/operators/other landlords and tenants, in circumstances where the tenant is a small-medium sized business (annual turnover of up to \$50 million) and is an eligible business for the purpose of the Commonwealth Government's JobKeeper programme.

For more information, please visit: www.business.gov.au

Your questions answered

If you hear or read something and you're not sure, check the facts: www.kams.org.au or read the WA Government's [website](#)

1. I live in a remote Aboriginal community. Can I complete my period of self-isolation back at community?

Unless you are engaged in an essential activity or have obtained special permission, you must self-isolate for 14 days before entering the designated area. Additional travel restrictions also apply for remote Aboriginal communities. You need to contact the community corporation or council to make sure you can safely return.

2. How do I prove I am healthy and not carrying coronavirus?

You will need to complete and sign the COVID-19 Entry into WA Designated Areas Form answering specific health questions. It is a serious crime to provide false or misleading information, punishable by a fine or imprisonment. Authorities at entry points to the designated areas have been trained to recognise symptoms of coronavirus.

3. What's considered 'compassionate' grounds for the travel restriction exemptions? Can I go and visit my girlfriend/boyfriend in another area?

staying home



From midnight Thursday 2nd April, new boundaries, in line with the four local government areas (shires of Broome, Derby-West Kimberley, Wyndham-East Kimberley, Halls Creek) within the Kimberley region were put in place. People must stay in their local government area. Exemptions apply, such as provision of essential services, supplies or compassionate grounds. Compassionate reasons include: (i) the incapacitation of a member of the person's immediate family or household due to serious injury; (ii) serious or life-threatening illness of a member of the person's immediate family or household; or (iii) death of a member of the person's immediate family or household. Visiting loved ones for reasons other than these exemption guidelines is not allowed. Please stay home.

4. How do I apply for a travel exemption?

Anyone seeking an exemption must complete the following *Exemption Application form* prior to travel and submit it by emailing the form to WAEntryRequest@police.wa.gov.au. Exemptions must be granted by WA Police prior to travel. You must carry your exemption form and proof of its submission when travelling. You may be asked to produce this documentation at a check point or by WA Police patrolling the area.

If your exemption category requires further documentation or proof, you must produce this on request. Failure to produce this documentation may result in penalties including imprisonment or a fine of up to \$50,000 for individuals or \$250,000 for organisations.

Kids Questions

5. When can I go back to school?

Teachers and education assistants will use the school holidays to plan and prepare for a new way of teaching from the start of Term 2. While your education matters, keeping everyone safe and healthy is very important right now. Your school and the Education Ministers from across Australia are working to develop a longer-term plan for schools for Term 2. Term 2 may look a bit different to regular school, but your teachers will let you know as soon as they can. For now, this may be the only time where you and your siblings learn in the same classroom (your home!). You might like to keep a journal or keep record of how you are keeping up with schoolwork. It will be a great memory to look back on in years to come. If you are on the internet and doing 'virtual' classes, make sure your parents have given permission for you to do so. Internet safety is also very important!



6. When will things go back to normal?


The powers that allow the government to ask everyone to stay home is called the "Federal Biosecurity Act 2015". The restrictions started on 26 March 2020 and will end on 18 June 2020. But it is important to remember that before June, things may change, and we may need to keep isolating and staying home if the Coronavirus is still around. This is an unusual time for everyone, so it's important that we all do the right thing to stay safe and healthy.













Stay socially and emotionally healthy- its important too!


How many feel good things can you do this week?

- Its ok to just 'be'. This is a big thing to adjust to. Its ok to feel sad or worried- but if you feel like that for a longer time then reach out for help. We're in this together Talking to others (over the phone, email or on social media)
- Saying 'no' to watching news and social media all the time (lots of scary or sad news can impact our moods)
- Tell a joke, tell a good memory or story, and have a laugh with family.
- Practice hobbies, art and cultural practices where possible, or try a new hobby
- Watch some funny movies or shows on TV, or sad movies and have a good cry.
- Spend some time in your backyard and get some sunshine
- Pat your cat or dog, or play some fetch
- Keeping physically healthy (good nutrition and exercise)
- Write a journal or paint some art
- Play a guitar or instrument, or listen to your favorite music
- Listen to a podcast about something that interests you
- Engaging with routines where you can (like cooking dinner or morning routines)
- Support kids to understand what's happening in a calm way, so they can manage their own worry too



 **24/7 Mental Health Services** **healthdirect**

Beyond Blue <i>Anyone feeling anxious or depressed</i>  beyondblue.org.au  1300 22 4636	Kids Helpline <i>Counselling for young people aged 5 to 25</i>  kidshelpline.com.au  1800 55 1800	MensLine Australia <i>Men with emotional or relationship concerns</i>  mensline.org.au  1300 78 99 78
Open Arms <i>Veterans and families counselling</i>  openarms.gov.au  1800 011 046	Lifeline <i>Anyone having a personal crisis</i>  lifeline.org.au  13 11 14	Suicide Call Back Service <i>Anyone thinking about suicide</i>  suicidcallbackservice.org.au  1300 659 467

 **Is it an emergency?** If you or someone you know is at immediate risk of harm, call triple zero (000)

Important resources to find out more:

Commonwealth Biosecurity Determination link: <http://www.wa.gov.au/aboriginalcommunities>

Department of Communities link: <https://www.communities.wa.gov.au/coronavirus-covid-19/>

Department of Communities email: Covid19rcr@communities.wa.gov.au

WA Department of Health link: <https://healthywa.wa.gov.au/coronavirus>

WA Government link: <https://www.wa.gov.au/>