

Tools & Principles of the local coronavirus outbreak plans

Each community and homeland will start to follow their coronavirus plan when doctors know one person has coronavirus in East Arnhem Land.

You should have a separate document that is a summary of your community's local coronavirus outbreak plan.

These plans all share the same tools and principles. This document talks about these tools and principles.

Tools / Gunḡa'yunamirr dhukarr

'Tools' are the things we all can do, yolḡu and balanda working together, to stop too many people getting sick from coronavirus. The best tool would be vaccine and special medicines, but scientists are still developing these. This means we need other ways to protect ourselves. The best tools we have are testing, tracing and quarantine to stop the spread of the virus.

- **Test (malḡ'maram):** Finding people who have the virus. Sometimes people have the virus but are not sick. Sometimes people are sick but don't have the virus (they just have a cold or something). So we need to test people to know if someone really has the virus. Coronavirus testing can be done in all the Yolḡu communities, at the Gove Hospital and in Darwin.
- **Trace (yaḡara-ḡupan):** When one person has the virus, we will look for other people who could have got the virus from that person.
- **Quarantine (rerriw yan ganaḡ'maram ḡämurru):** We will help people to stay away from other people, so they don't give the virus to anyone else. We will make it safe for people to stay in their homes, other places in the community, or outside the community.

Principles / Luku-nhirrpanawuy

Each community has a plan for protecting people, if someone gets sick with coronavirus. But all the plans have the same principles. There are 7 principles.

1. **If someone brings coronavirus to East Arnhem Land, we will all act quickly to stop the virus.**
 - That virus can spread like wildfire. If it comes to Arnhem Land, lots of organisations will move quickly to stop people from catching it and giving it to other people.

- This is because the virus is powerful. It is foreign to our bodies. We need to work together and take this plan seriously.
- Police, army and health workers will be sent in very quickly to help with this work. They will work with local organisations including the clinic to help Yolŋu through this difficult time.
- These workers and local workers from the clinic, police, power station, Council and other services will be tested for coronavirus. They will wear masks and special protective clothing (called 'PPE'). They will sleep somewhere away from residents, like the school which will be closed.

2. Testing lots of people is the best way to find out if people are carrying coronavirus.

- We need the tests to tell us if someone really has the virus.
- If one person's test says they have coronavirus, health staff will think about other people who might also be sick. They will try to test lots of people in the community so they can find and look after the sick people. Health staff might test some people more than once.
- When we take a test, health staff will push a soft stick in our nose briefly. It might feel strange. But that test is to protect us and everyone else. It is not dangerous, just uncomfortable. This test with a stick is the only way to find out if someone has the virus inside them.

3. People who have coronavirus will stay in hospital.

- At the moment, all people with coronavirus in the NT are looked after in hospital. This is so they will get taken care of, and to protect other people from getting sick.
- If someone has that virus, they will go to hospital in Nhulunbuy or Darwin. Health staff will look after them and help them to stay away from other people, so they don't give that virus to anyone else, and test them for coronavirus.
- People might not be allowed to leave hospital even if they're well. This is because the sickness can hide in your body for a few weeks. Even if someone feels well, they will stay in hospital for two weeks or longer. If we let someone go home before two weeks, they might be sick and making other people sick.
- Old people and people with chronic diseases might be taken to a hospital or a place like a motel, to keep them safe.

4. When one person has coronavirus, medical staff will try to find other people who could have got the virus from that person.

- There are workers whose job is to find people who could have got that virus. Their job is called 'contact tracing'. They will think about who that sick person lives with, where they have gone recently, and who they have visited.
- This is because someone who has the virus can easily give the virus to people they live with, or sit or stand close to.

5. People who have been close to a sick person will stay in quarantine.

- When one person has that virus, the people they live with or who have been close to that person might also have the virus.
- We will help those people to stay away from other people while we wait to find out if they have the virus or not. We call this 'quarantine' or 'isolation'.
- If they are sick with the virus, they might go to hospital. If they are not sick, they will stay in quarantine for two weeks or longer. This might be in the community, or they might be taken to Howard Springs.
- When people are in quarantine, they will not leave that place for two weeks or longer.
- Workers will bring them food, drink, medicine, and anything else they need to their room. The 'Summary of your local coronavirus outbreak plan' document has more information about this quarantine place.

6. To protect everyone in one community, the government might ask everyone in that community to stay at home in quarantine.

- This pathway might start after the 'close contacts' of the first sick person have been tested. If lots of those people have coronavirus as well, doctors will worry that lots more people in the community might already be sick.
- If lots of people are sick, the best pathway might be for everyone in that community to stay inside their homes all the time. So that people who are still healthy don't get the virus. And to stop sick people from spreading the virus around the community or to other communities and homelands.
- This way of protecting everyone only works if everyone stays at home for two weeks or maybe even longer. Police and army will check that everyone is staying at home and that no-one is coming to the community or leaving. Health staff from the clinic and from other places will test people in the community.
- There is a plan to make sure workers bring enough food to everyone and to help sick people and check that everyone is ok. This plan is also about things like rubbish pick-ups, power and other services. The government is making sure those things don't stop if everyone stays at home.. The stores, takeaway food, school, childcare and other businesses will close while everyone stays at home.
- If a community is in quarantine, there will also be a plan to make sure the nearby homelands still get food, medical services and other services they need.

7. We will save more lives if we all follow this pathway, starting now:

- We will all stand or sit 1.5m from anyone we don't live with
- We will not shake hands or share the same drink, cigarette or food with each other.
- We will wash our hands with soap often.
- If we feel sick, we will call up the clinic. We will call them up first, and they will tell us what to do. The clinic might tell us how to get a coronavirus test. We will download the COVIDSAFE app on our phones. This will help the workers when they do 'contact tracing'.