

# ***Times are tough right now***

**We can put you in touch  
with services that can help  
with your needs during the  
COVID-19 pandemic.**

We have access to services and groups who can help with:

- ☀ collecting food, medication and other supplies
- ☀ ideas for activities for fitness or for children
- ☀ concerns you might have about friends, family or neighbours
- ☀ a friendly chat about any worries you have

**QPRC** 

***Let us know how  
we can help you***

**Email us at:  
[covid@qprc.nsw.gov.au](mailto:covid@qprc.nsw.gov.au)**

**Or phone 1300 735 025**  
*(select Option 2 for COVID support)*

# **Stay connected and up to date**



If you have a device, download the "Coronavirus Australia" app or go to: [www.australia.gov.au](http://www.australia.gov.au) for the latest information.

Keep connected to your family, friends, neighbours and work colleagues through phone, email and social media.

## ***If you feel unwell***

QPRC does not provide medical advice. There is a useful COVID-19 "Symptom Checker" at: [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

If you are displaying symptoms, please call your GP or call Southern NSW Local Health District on 1800 999 880, operating from 7am-10pm daily.

For other health information go to: [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

For information about NSW Government support call Service NSW on 13 77 88.

## **For translating and interpreting assistance call TIS on 13 14 50**

Council has closed a number of services and facilities. Please visit:

[www.qprc.nsw.gov.au/COVID-19-Coronavirus](http://www.qprc.nsw.gov.au/COVID-19-Coronavirus)