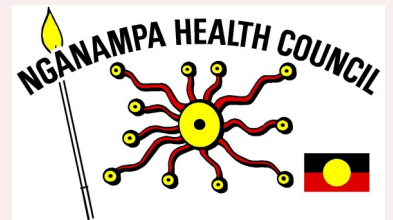
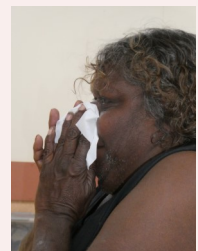
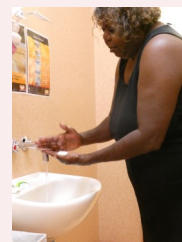


NHC Coronavirus public health message



1. Coronavirus nyangatja pika anangu kutjupa kutjupa tjuta ankupai, kuntjulpungkupaingka, nyurtjinyangka munu pampunyaangka. Palumpa ini kutjupa COVID -19.
2. Pika paluru flu nguwanpa. Anangungku mulya urkalya, liri pika, warurinyanyi munu nyurtjinyi. Anangu kutjupa tjuta pikatjararinganyi munu kutjupa tjuta tjinguru palya. Kutjupa tjuta tjinguru pika pulka mantjilku munu hospitalangka tjarpaku. Coronavirus pika nyangatja anangu wiyalpai munu iluntankupai kulu. Tjilpi pampa tjuta munu anangu pika pulka tjara tjuta panya diabetic munu kiri-kiri kura tjara tjuta, pika nyangatja mapalku mantjilku.
3. Coronavirus nyangatja overseas-nguru pitjangu munu kuwari Australian ya-la tjarpangu. Kuwari ma-tjutaringanyi pika nyanga paluru anangu kutjupa-kutjupangka. Nganana kuwari pika nganga palumpa ngulu-ngulu nyinama.
4. Anangu tjutangku pika nyanga palunya mantjilpaingka-tawara munu kutjupa kutjupa ungkupaingka-tawara nyuntu kuwari:

- ◆ **Mara paltjila rawangku soap-angka munu minangka: maingka malangka; kuntjulpungkula malangka; toilet-kutu ankula malangka; warkangka malangka munu kuulangka malangka, mara paltjinma.**
- ◆ **Patu ngarama anangu tjutangka, munu pampuntja wiya anangu kutjupa tjutangka.**
- ◆ **Titutjarangku tjaa nyuntumpa munu mulya nyuntumpa tjutunma, nyurtjinyangka munu kuntjulmankula. Ka palula-nguru mara nyuntumpa paltjinma rawangku.**



5. Coronavirus nyanga palumpa miritjina nyiilan-tjana wiya alatjitu.
6. Ankula nyuntumpa flu nyiila mantjila, year nyangangka, pika nyanga palunya tjaruntjaku, nyuntumpa ngurangka. Nyuntu flu nyara paluru mantjira munu Coronavirus tjungu, nyuntu pika pulkatjararinganyi alatjitu.
7. Nyuntu pika walytjangku kulira, tjintu tjuta ngara, tjtinguru nyuntu tourist-ngka itingka ngarala, phoneamilala clinic, nyuntunya helpamilantjaku.
8. Nganampa Health-nya paluru tjana ready patani anangu tjuta alpamilantjaku Coronavirus tjarpanyangka ananguku mantangka.
9. Anangu tjutangku nguļu-nguļu mula-mulangku kulira Coronavirus nyanga palunya tjara.
10. Ngurangka nyinama, Yularala-kutu, Adelaidela-kutu munu Alice Springsta-kutu ankunytja wiya.

NHC Coronavirus public health message

1. Coronavirus is a germ that is spread between people by sneezing, coughing and touching. COVID-19 is another name for this infection.
2. It is like the flu or a cold. People get a runny nose, sore throat, fever and cough. Most people will be OK, but some people can get very sick and need to go to hospital. People can die from coronavirus. Older people and people with problems like diabetes or lung disease are at most risk of getting very sick.
3. Coronavirus started overseas last year but is now in Australia. The number of people with coronavirus in Australia is increasing every day. We need to be prepared in case coronavirus comes to the Lands.
4. Anangu can help to stop coronavirus spreading on the Lands by:
 - Washing hands often with soap and water (before eating, after going to the toilet, after coughing or sneezing, when you come home from work, school or the community)
 - Staying away from big crowds of people and not touching other people
 - Always covering the mouth and nose if you sneeze or cough, and washing your hands afterwards.
5. There is no vaccine or needle or medicine to treat coronavirus.
6. Make sure you get your flu needle this year, to keep down the number of people with flu in the community. If you get the flu and coronavirus together you might get sicker.
7. If you feel unwell and have been overseas in the last two weeks, or have been near tourists from overseas, phone the clinic for help.
8. Nganampa Health are preparing to look after people if this coronavirus comes to the Lands
9. Anangu should take this problem seriously and help as much as they can
10. Avoiding travel off the Lands especially to Yulara, Alice Springs or Adelaide