



Shareable resources to support the Western Sydney community live well after lockdown.

Living well after lockdown toolkit

Information to support the Western Sydney community to live well after lockdown.

Why?

Over 500 people in Western Sydney told us what was important to their health and wellbeing in life after lockdown. We have listened to their feedback (and from our community partners) to create a toolkit which provides practical health and wellbeing tips.

The toolkit includes a range of image tiles that can be saved and uploaded onto communication channels including websites, apps and social media.

Who for?

The toolkit has tiles for everyone - individuals, families, health professionals, early childhood education centres, councils, community organisations, schools and tertiary institutions. There are also tiles for at-risk groups.

What?

Topics covered:

- [Staying COVID safe](#) – vaccination and prevention messages for home, school, work, out and about and celebrations
- [Mental wellbeing](#)
- [Social connection](#)
- [Keeping active](#)
- [Healthy eating](#)
- [Support for Aboriginal communities](#)
- [NSW Health Programs](#)

- [COVID safe celebrations](#)
- [COVID safe shopping](#)
- [Healthy celebrations](#)
- [Transition tips](#)

A selection of social media tiles have also been translated by accredited translators at Western Sydney Local Health District. **Click to access [Arabic](#), [Dari](#) and [simplified Chinese](#) toolkits.**

How to upload a tile

1. Right click and open the hyperlink under the tile you would like to use and the tile will download into your Downloads folder.
Do not copy and paste the tile as it will reduce image quality. All tiles are available for download on the [COVID community resources website](#).
2. Upload the tile (from your Downloads folder) onto your communication channel, such as website, social media page, newsletter or app. Use the suggested post to accompany your tile by copying and pasting the text. Some of the tiles can be used in a series, so you can use more than one tile in a post.

If you have any questions about the Living well after lockdown toolkit, please email WSLHD-MunchandMove@health.nsw.gov.au.

Information is current as of the 19th January 2021. For the latest advice, visit nsw.gov.au

Topic: Staying COVID safe - vaccination

Text to post with vaccination tiles:

The best way to protect our little kids, the elderly and those most vulnerable in our community from COVID-19 is to get vaccinated.

www.tinyurl.com/vaccinate-westernsydney



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Living well
after lockdown means...



"Protecting my
grandchildren
from COVID by
getting myself
vaccinated"



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Living well
after lockdown means...



"Keeping my
young children
safe by getting
myself
vaccinated"



[Right click & open link to download](#)

Living well
after lockdown means...



"Protecting my
pregnancy by
getting
vaccinated"



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Text to post with vaccine booster tiles:

COVID-19 boosters are now available! If you're 18 and over and it's been 3 months since you received your second dose of a COVID-19 vaccine, you can receive a booster vaccine. For more information www.health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-your-vaccination/booster-doses

Keep
protecting
your family
from
COVID-19
and get
your
vaccination
booster



For adults,
3 months after
their 2nd dose

COVID
safety tip



[Right click & open link to download](#)

Keep
protecting
your family
from
COVID-19
and get
your
vaccination
booster



For adults,
3 months after
their 2nd dose

COVID
safety tip



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Text to post with international travel tiles:

International travel is back!

If you're fully vaccinated or have a medical exemption, you're now able to travel overseas.

More info: www.nsw.gov.au/covid-19/travel-restrictions/international-travel-rules

Our family
is keeping
safe by
getting
everyone
5 and over
vaccinated



Going on
holidays?

COVID
safety tip



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Our family
is keeping
safe by
getting
everyone
5 and over
vaccinated



Going on
holidays?

COVID
safety tip



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Our family
is keeping
safe by
getting
everyone
5 and over
vaccinated



Going on
holidays?

COVID
safety tip



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Topic: Staying COVID safe – early childhood setting

Text to post with early childhood education and care tiles:

Help everyone keep COVID safe in early childhood settings. More information www.education.nsw.gov.au/covid-19

Living well
after lockdown means...



NSW
Health
Western Sydney
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Protect
your
community



Keep your child at home if they
are sick or have even mild cold or
flu-like symptoms

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Local Health District

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Get your child
tested if they
have any
symptoms,
even if only mild

Protect
your
community

- fever
- cough
- sore throat
- runny/blocked nose
- headache
- tiredness
- loss of taste or smell
- diarrhoea
- muscle/joint pain



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Health
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Local Health District

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Everyone
5 years and over
can have a free
COVID-19
vaccination



Please get vaccinated

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Western Sydney
Local Health District

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Protect
your child &
community

When you drop
off and pick up
your child...



- wear a mask
- check-in
- follow advice
- keep at least 1.5m
from others

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Western Sydney
Local Health District

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Protect
yourself and
community

Teach your
child to ...



- cough/sneeze into
elbow or a tissue
- blow nose into a
tissue, put tissue
into bin, then wash
their hands

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Western Sydney
Local Health District

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Protect
your
community

Keep
children safe
in early
childhood
education
and care



Health
Western Sydney
Local Health District

COVID
safety tip



Parents/carers
get vaccinated



Stay home if sick
& get tested

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Topic: Staying COVID safe – primary school setting

Text to post with primary school tiles:

Helping keep everyone COVID safe at school helps keep kids in the classroom! More information www.education.nsw.gov.au/covid-19

Living well
after lockdown means...

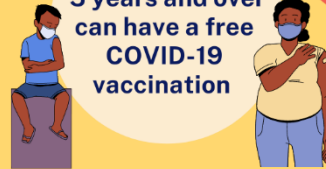
"Children
and teachers
being safe
at school"



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Everyone
5 years and over
can have a free
COVID-19
vaccination



Please get vaccinated

NSW
Health
Western Sydney
Local Health District

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When you drop
off and pick up
your child...



Protect
yourself and
others

- wear a mask
- follow school's rules
- keep at least 1.5m from others

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Health
Western Sydney
Local Health District

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Protect
your school
community

Keep your child at home if they
are sick or have even mild cold or
flu-like symptoms

NSW
Health
Western Sydney
Local Health District

[Right click & open link to download](#)

Get your child
tested if they
have any
symptoms,
even if only mild



- fever
- cough
- sore throat
- runny/blocked nose
- headache
- tiredness
- loss of taste or smell
- diarrhoea
- muscle/joint pain

Protect
your school
community

NSW
Health
Western Sydney
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Protect
your child &
school
community

For primary students, masks are
strongly recommended indoors

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Topic: Staying COVID safe – social gatherings

Text to post with safe gatherings tiles:

Meeting with loved ones? Try to gather with your vaccinated family or friends outdoors. Have a picnic or catch-up in the backyard, courtyard or on a balcony. If you're entertaining inside, open doors and windows. More information www.nsw.gov.au/covid-19/stay-safe



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Topic: COVID safe celebrations

Text to post with COVID safe celebration tiles:

Celebrate safely and protect your loved ones this festive season. Here are some tips so we all feel COVID safe when we get together and help stop the spread of COVID. Remember if you're unwell, stay home and get tested. More information www.nsw.gov.au/covid-19/stay-safe/testing

✓ Get double vaccinated

✓ Get your booster if eligible

COVID safe holiday season



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Planning to travel?

If unwell, stay home and get tested

COVID safe holiday season



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If you have symptoms, don't attend gatherings

Stay home and get tested

COVID safe holiday season



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This holiday season, it's safest to keep away from...

Celebrate safely



closed spaces



crowded places



close contact

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Entertaining this season? Keep your home COVID safe

Celebrate safely

Wash hands often



Open windows for ventilation



Avoid sharing utensils



Entertain outside if you can

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This holiday season...


Protect your loved ones

Celebrate safely by taking it outdoors



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This holiday season...


Protect your loved ones

The best gift we can give each other is good health

If unwell, please stay home

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Don't put your loved ones at risk

"Staying at home when I'm sick means I love you"

Celebrate safely

NSW Health Western Sydney Local Health District


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Topic: Saying no to gatherings if unwell

Text to post with saying no to gatherings tiles:

Don't put loved ones at risk. Sometimes saying "No" means I love you

Staying away if we're unwell, means protecting the people we care about most. If you have symptoms, you should not attend or host an event. They will understand. Try and organise an online gathering if you can. Please get tested. More information www.nsw.gov.au/covid-19/stay-safe/testing




"I'd love to see you, but I'm avoiding large gatherings to keep my family safe"

Celebrate safely

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Can't attend because you're unwell?

Your loved ones will still know you care

"It's great to hear from you, I'll miss spending time with you!"

Celebrate safely

NSW Health Western Sydney Local Health District

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Topic: Staying COVID safe – funerals

Text to post with safe funerals tiles:

Share memories but don't share COVID

NSW Health have recently reported several COVID-19 outbreaks at funerals and memorial services across NSW and ask communities to practice and promote COVID safe behaviours at these important events. Sharing memories, music and culture brings us together. These need to be done in a COVID safe way to keep our loved ones safe. More information on being COVID safe www.wslhd.health.nsw.gov.au/COVID-19-Wellbeing/Stop-the-Spread/stop-the-spread



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Topic: Staying COVID safe gatherings

Text to post with safe gatherings tiles:

Keep your community safe when meeting up

Sharing memories, music, culture and language brings us together. These need to be done in a COVID safe way to keep our loved ones safe. If you have any symptoms such as a sore throat, blocked nose or headache, do not attend, even if you are double vaccinated. Get tested for COVID-19 and self-isolate until you get a negative result. More information www.nsw.gov.au/covid-19/stay-safe/testing



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Topic: Staying COVID safe – out and about

Text to post with staying safe while out and about tiles:

Let's continue to stay COVID safe. Mask up in indoor settings and whenever you can't keep at least 1.5m from others. Stay home and get tested if unwell.

More information www.nsw.gov.au/covid-19/stay-safe/rules



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Topic: COVID safe shopping

Text to post with shopping tiles:

Whenever around other people, such as when shopping, there are simple steps that can be taken to help keep protect yourself and others. The Western Sydney Community Resources website has more ideas on staying COVID-safe www.wslhd.health.nsw.gov.au/covid-19-wellbeing/home



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Topic: Mental wellbeing – transition (series 1)

Text to post with transition tiles:

Change can be uncomfortable and even stressful. Here are some tips for a healthy transition after lockdown. If you need support, call Beyond Blue 1300 224 636. There are many local support services available. More information: www.tinyurl.com/mentallyhealthy-WSLHD

Living well
after lockdown means...

"Managing
changes and
adjusting to a
new routine"



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1

Tips for a
healthy
transition



- ✓ Go at your own pace
- ✓ Give yourself time to adjust

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Feeling
worried
about being
amongst
people?

Tips for a
healthy
transition



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2

Tips for a
healthy
transition



- ✓ Take small steps
- ✓ Start by meeting a few friends

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3

Tips for a
healthy
transition



- ✓ Talk to your family or a friend
about how you are feeling

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Beyond Blue
• 1300 224 636

Kids Helpline
• 1800 551 800

Lifeline
• 13 11 14

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Help is
available.

Reach out
if you need
support.



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Topic: Mental wellbeing - transition (series 2)

Text to post with transition tiles:

Change can be uncomfortable and even stressful. Here are some tips for a healthy transition after lockdown. If you need support, call Beyond Blue 1300 224 636. There are many local support services available. More information: www.tinyurl.com/mentallyhealthy-WSLHD

Living well
after lockdown means...



**"Managing
changes and
adjusting to a
new routine"**



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Having
mixed
emotions
after
lockdown?



**Tips for a
healthy
transition**

**It is understandable
to feel this way.**

Be kind to yourself.

**There will be an
adjustment period.**



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1



**Tips for a
healthy
transition**

- ✓ **Reflect on stay-at-home period**
- ✓ **Any new habits you wish to keep?**



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2



**Tips for a
healthy
transition**

Stay in the moment



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3



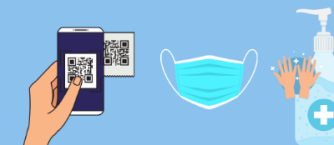
**Tips for a
healthy
transition**

**Do something you enjoy or
find meaningful**



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4



**Tips for a
healthy
transition**






**Protect
yourself &
others**

**Stay up-to-date and follow
COVID safe guidelines***















*Check www.nsw.gov.au/covid-19/stay-safe



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<p>5</p>  <p>Tips for a healthy transition</p> <p>Talk to your family or a friend about how you are feeling</p>  <p>Right click & open link to download</p>	 <p>Beyond Blue • 1300 224 636</p> <p>Kids Helpline • 1800 551 800</p> <p>Lifeline • 13 11 14</p> <p>Help is available.</p> <p>Reach out if you need support.</p>   <p>Right click & open link to download</p>	
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Topic: Mental wellbeing - transition (series 3)

<p>Thanks for continuing to keep our community safe & connected</p>        <p>Right click & open link to download</p>	<p>Finding changes stressful?</p>    <p>Tips for a healthy transition</p> <ul style="list-style-type: none"> • You're not alone in feeling this way • Take time to adjust • Focus on something important to you  <p>Right click & open link to download</p>	<p>Talking helps</p>  <p>Tips for a healthy transition</p> <ul style="list-style-type: none"> • Talk to family or friend • Free support services: Beyond Blue ☎ 1300 224 636 Lifeline ☎ 13 11 14 Need an interpreter? ☎ 13 14 50   <p>Right click & open link to download</p>
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Topic: Mental wellbeing (Transition) - children

Text to post with children's transition tiles:

Don't underestimate the power of regular conversations with your kids. Here are some tips to support your child with a healthy transition to their usual activities. And remember - be kind to yourself, it's an unusual time for all. Parentline can help you navigate the challenges of parenting. Call 1300 1300 52 or for more information www.kidshelpline.com.au/parents/issues/how-parentline-can-help-you

How can I help my child?

Ask questions and listen

"How do you feel today?"
"What do you think about?"
"You seem... Did something happen?"
"Tell me more about..."

Tips for a healthy transition




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How can I help my child?

Tips for a healthy transition

- Provide care, affection and encouragement
- Have open conversations
- Spend quality time together




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Parenting can be challenging.

Be kind to yourself!

Tips for a healthy transition

Parentline is a free support service to help you.

📞 1300 1300 52
9am - 9pm weekdays
4pm - 9pm weekends
Closed public holidays

parentline.org.au




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Encourage healthy behaviours...

Tips for a healthy transition

Sleep

Healthy eating

Less screen time, more green time

Be active




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Keep to a routine...

Tips for a healthy transition

Meal times

Sleep time

Physical activity

Homework

Wake up time




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Don't forget about time to play and relax...

Tips for a healthy transition

Sport

Reading

Fun play!

Active play

Drawing




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Topic: Transition – encouraging healthy behaviours (children)

Text to post with sleep tips tiles:

Are your children feeling more tired post lockdown? As their day gets busier, having good quality and quantity sleep will help them have energy to play, grow, focus and learn. Pre-schoolers need 10-13 hours of sleep and school aged children need 9-11 hours of sleep per day. Here are some tips to help them get a good night sleep. More information and video clip www.healthyliving.nsw.gov.au/sleep



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Topic: Transition – encouraging healthy behaviours (children)

Text to post with screen use tiles:

Screen use during the lockdown period went up for many families. Now that we can get out and about more, it is a good time to support your family to get back to a balance of healthy screen time habits. Too much screen time can impact on sleep, development of social skills, and time spent being active. Here are some tips to limit screen time. For more information: www.healthyliving.nsw.gov.au/Pages/screen-time.aspx



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Topic: Transition – encouraging healthy behaviours (children)

Text to post with active tips tiles:

There are many ways to keep kids active: dancing around the house, skipping and running around the backyard, playing with balls or flying a kite. For more ideas visit: www.tinyurl.com/beactive-kids



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Topic: Transition – encouraging healthy behaviours (children)

Text to post with healthy eating tiles:

With new routines in place, it can be a good time to support new healthy eating behaviours so they are fuelled to learn and develop. Here are some tips to encourage your child with healthy eating. More ideas www.tinyurl.com/healthyeating-tips-kids



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Topic: Social connection – community involvement

Text to post with community involvement tiles:

Building positive social connections is good for our wellbeing. If you'd like to connect more with your community, here are some tips to get started.

**Living well
after lockdown means...**



**"Connecting
with more
people and
with my
community"**



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**Tips to stay
connected**



**Check your local council's
website for community events**



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**Tips to stay
connected**



**Volunteer with a charity,
community organisation,
church or school**



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**Tips to stay
connected**



Join a community group



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**Tips to stay
connected**



Join an online network



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**Tips to stay
connected**



**Find out what programs your
local library, community hub or
neighbourhood centre runs***



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Topic: Social connection – family and friends

Text to post with social connection tiles:

Spending more time together with family and friends is something many said they want to keep doing after lockdown. Here are tips to stay connected.

**Living well
after lockdown means...**



**"Spending
time together
with family
and friends"**



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**Tips to stay
connected**



Talk about the day over a meal



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**Tips to stay
connected**



Continue fun online catch-ups



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**Tips to stay
connected**



Check on others who live alone



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**If you can't see someone in
person...**

**Tips to stay
connected**



**video call, phone or send them
a picture to show you care**



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**Living well
after lockdown means...**

**"Continuing
Friday family
games night"**



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Topic: Keeping active - families

Text to post with keeping active family tiles:

Want to keep being active as a family after lockdown? For more ideas: [www. https://tinyurl.com/getactive-ideas](https://tinyurl.com/getactive-ideas)

Living well
after lockdown means...

"Continuing
to be active
as a family"



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Tips to
stay active
as a family



Schedule walks into
your family routine

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Tips to
stay active
as a family



Choose to discover a new
park on the weekend

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Tips to
stay active
as a family



Plan to walk or cycle
instead of driving

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Tips to
stay active
as a family



Discuss as a family your
favourite activities to continue

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Tips to
stay active
as a family



Turn off the screens;
play music & dance

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Topic: Keeping active - cycling

Text to post with cycling tiles:

Riding a bike can give you time out for yourself or be a fun way to spend time with family or friends. Keep moving after lockdown and improve your health! Find local cycleways here: www.service.nsw.gov.au/transaction/use-cycleway-finder-map

Living well
after lockdown means...



"Spending
more time
cycling and
doing what
I enjoy"

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Tips to
stay active



Enjoy local cyclepaths
as a family

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Tips to
stay active



Meet a friend and
cycle in a local park

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Tips to
stay active



Locate paths to explore
using *Cycleway Finder*
from Transport NSW

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Topic: Keeping active – cycling to work

Living well
after lockdown means...



"Cycling to
work more
often to
keep fit"



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Living well
after lockdown means...



"Cycling to
work more to
save money
on petrol
and fares"



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Cycling to
work: tips to
stay active

- ✓ Choose a day to start riding
- ✓ Ride to a bus stop or train station



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Topic: Keeping active – walking to school

Text to post with walking to school tiles:

Staying active and connected with others are important for good mental health and wellbeing. Walking to school with your kids is a great way to do this! Here are some walk to school tips to help your family stay active and safe. For more information: www.tinyurl.com/safe-walking2school

Living well
after lockdown means...



"Walking
with my kids
to school"



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Walk to
school:
tips to stay
active



Park the car 10 minutes away
and walk to school



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Walk to
school:
tips to stay
active



An adult should hold the hand
of a child until 10 years of age



[Right click & open link to download](#)



Walk to
school:
tips to stay
active

Protect your
school
community

- ✓ Follow COVID safe drop off advice
- ✓ Keep at least 1.5m from others



[Right click & open link to download](#)

Walk to
school:
tips to stay
active



www.tinyurl.com/safe-walking2school



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Topic: Keeping active outdoors

Text to post with keeping active outdoors tiles:

Get back to enjoying your local green spaces with your family and friends. Have a picnic in your favourite park or explore cycling tracks, splash parks and tennis courts. Good for the body and good for the mind.

Get back to enjoying your local green spaces

Parramatta LGA
www.tinyurl.com/parramatta-walks

18
walking
trails

Parramatta
Park



Health
Western Sydney
Local Health District

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Keep cool this summer Visit local pools and splash parks

Parramatta LGA

James
Ruse
Reserve

Epping
Aquatic
Centre



Health
Western Sydney
Local Health District

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Tennis anyone? Get fit and get social

Parramatta LGA
www.tinyurl.com/parra-tennis

46
courts
available

Book
online



Health
Western Sydney
Local Health District

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Get back to enjoying your local green spaces

Blacktown LGA
www.tinyurl.com/west-walking

Edgewood
Park

Nurraging
Reserve



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Western Sydney
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Keep cool this summer Visit local pools and splash parks

Blacktown LGA

Francis
Park

5
Local pools



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Western Sydney
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Tennis anyone? Get fit and get social

Blacktown LGA
www.tinyurl.com/blacktown-tennis

18
courts
available

See
website for
booking
details



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Get back to enjoying your local green spaces

The Hills LGA
www.tinyurl.com/west-walking

Fred Caterson Reserve

Crestwood Reserve



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Keep cool this summer Visit local splash parks

The Hills LGA

Bernie Mullane Reserve

Livvi's Place Playground



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Tennis anyone? Get fit and get social

The Hills LGA
www.tinyurl.com/thehills-tennis

7 courts available

Book online



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Get back to enjoying your local green spaces

Cumberland City LGA
www.tinyurl.com/west-walking

Central Gardens

Duck river walk



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Keep cool this summer Visit local pools and splash parks

Cumberland City LGA

Wentworthville Swimming Centre

5 Local pools



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Tennis anyone? Get fit and get social

Cumberland City LGA
www.tinyurl.com/cumberland-tennis

26 courts available

Book online



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Topic: Healthy eating – Quick tips and meal ideas

Text to post with healthy eating tiles:

If living well after lockdown for your family means continuing to make home cooked meals together, take a look at these tips for stress-free home cooking, for when times can get extra busy!

Living well
after lockdown means...

"Continuing
to make home
cooked meals
together"



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Transition
out of
lockdown

Healthy
eating tips



**Cook in large amounts
and freeze for busy days**

Pasta sauces, soups, curries, rice,
egg and bean dishes freeze well



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Transition
out of
lockdown

Healthy
eating tips



**Need quick and
healthy meal ideas?**

Visit **Healthy Living NSW**
website for ideas



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**Home cooking
during busy periods**

Healthy
eating tips



- ✓ Plan your meals for the week
- ✓ Pre-cut fresh veggies & store in fridge
- ✓ Stock up on canned & frozen veggies



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Healthy picnic ideas

Healthy
eating tips



Veggie sticks
& hummus



Veggie pizza
muffins



Veggie
Fritters



Cucumber &
cottage cheese

Visit the Cancer Council **Healthy lunchbox** website for ideas



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Topic: Healthy eating – For school and work

Text to post with healthy snack and lunchbox tiles:

Need some inspiration for some quick and easy healthy snacks for school and work days? More ideas: www.tinyurl.com/smartsnackswaps



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Topic: Healthy eating – Food support

Text to post with food support tiles:

It's been a tough time for many families. If you need help getting meals on the table, there are a number of local food support services that provide food at little or no cost. For a list of local services: www.tinyurl.com/support4food

Do you need food support?



Locations across Western Sydney:

- Blacktown
- Lalor Park
- Whalan
- Ropes Crossing
- Granville
- Merrylands
- Baulkham Hills
- Dundas

For location, dates & times:

Call **8624 8600** (translation available)

www.anglicare.org.au/mobile-community-pantry

Mobile
Community
Pantry
Operated by
Anglicare



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Local support to feed your family

At low/no cost



For information:

www.tinyurl.com/support4food



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Topic: Healthy eating – Healthy celebrations

Text to post with healthy celebrations tiles:

Food is often big part of celebrations. Here are some tips to help you enjoy great tasting healthy choices this festive season. For more ideas to guide your healthy eating habits in the new year, visit: www.healthyliving.nsw.gov.au/healthy-eating-landing

Hosting this holiday season?



- ✓ Serve food grilled, baked, barbequed or stir fried
- ✓ Include salad or vegetables
- ✓ Offer water as a drink



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When serving dessert



- ✓ Create a fruity Christmas tree centre piece
- ✓ Make mini Santa Claus strawberries
- ✓ Try yoghurt mango parfait



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This holiday season...



- ✓ Fill half your plate with vegetables
- ✓ Eat slowly - your body needs 20 minutes to know it's full
- ✓ Drink water with your meal



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Enjoy the foods you eat...



- ✓ Have small portions
- ✓ Eat slowly; put cutlery down between bites
- ✓ Savour the taste and smell



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When dining out..



- ✓ Ask for sauces on the side so you can control how much you add
- ✓ Drink water with your meal
- ✓ Order vegetables or a side salad



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If you are drinking alcohol...



- Also have some food
- Sip alcoholic drinks slowly
- Alternate each drink with water
- Use water to quench thirst



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Topic: Supporting Aboriginal communities

Text to post with tiles supporting Aboriginal communities:

How are you staying connected and strong as a community? More information to keep your mob healthy: www.tinyurl.com/healthymob

Living well
after lockdown means...



"Getting out
in the fresh air
and improving
my fitness"

Artwork by Gayaa Dhuwi (Proud Spirit) Australia



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Living well
after lockdown means...



"Continuing
to spend time
together as a
family"

Artwork by Gayaa Dhuwi
(Proud Spirit) Australia



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Living well
after lockdown means...



"Being able
to return to
social
activities"

Artwork by Gayaa Dhuwi
(Proud Spirit) Australia



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Living well
after lockdown means...



"Eating good
food for the
mind, body
and spirit"

Artwork by Gayaa Dhuwi (Proud Spirit) Australia



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COVID safety
tips

Protect your Mob
Everyone 5 years and
over can have a free
COVID-19 vaccination



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The best gift
you can give
those you
love is being
vaccinated



Artwork by Gayaa Dhuwi
(Proud Spirit) Australia

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Let's keep
our elders
safe



Artwork by Gayaa Dhuwi
(Proud Spirit) Australia

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Stay
connected

COVID safety
tip

If you're sick, please
get tested and stay at
home. Try a phone or
video call instead.



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Topic: Free NSW Health Programs for all ages

Text to post with NSW Health program tiles:

Stay healthy and active after lockdown with a free NSW Health program. There's a program for everyone! More information

<https://www.healthyliving.nsw.gov.au/programs-and-tools-2>

Living well after lockdown means...



"Keeping my new fitness habits"

Sign up for a FREE phone health coach call 1300 806 258



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Living well after lockdown means...



"Losing weight and being more active"

Sign up for a FREE phone health coach call 1300 806 258



[Right click & open link to download](#)

Living well after lockdown means...



"Seeing my kids get fit and make friends"

Sign up to a FREE NSW Health program for the family call 1800 780 900



[Right click & open link to download](#)

Living well after lockdown means...



"Staying active so I can still enjoy gardening"

Over 60? Sign up to Healthy and Active for Life Online



halo.activeandhealthy.nsw.gov.au

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