KEEP OUR COMMUNITIES HEALTHY

Sorry Business and Coronavirus

Culture and ceremony, such as large gatherings for Sorry Business, are very important to our communities.

To keep our communities healthy during the coronavirus (COVID-19) outbreak, we need to change how we go about Sorry Business. This will help protect our Elders and those who already have health problems.

The Federal Government has banned large indoor and outdoor gatherings to stop the spread of COVID-19. This impacts how we do Sorry Business and family gatherings while the outbreak is happening.

- **Avoid travel between communities** to keep from spreading the virus to other communities or bringing it back to your own community. Some communities have travel restrictions in place.

- **Consider other ways** to undertake Sorry Business during this time:
  - Family members can record video messages on phones to be played on screens at a funeral.
  - Talk to your local church, or another church in a key community, about setting up a private broadcast for family and community. Technology on smartphones and apps can be useful, such as Zoom, Skype, and Facetime.
  - Setting up a private online broadcast from a funeral allows people who can't be there because of the travel restrictions to watch and be a part of the ceremony. For example, a sermon in Newcastle could be Skyped or broadcast to community members in Tamworth at the same time.

- **Talk to your mob** about other ways to have sorry business that will keep the community safe. Help everyone understand that gatherings risk spreading the COVID-19 illness.
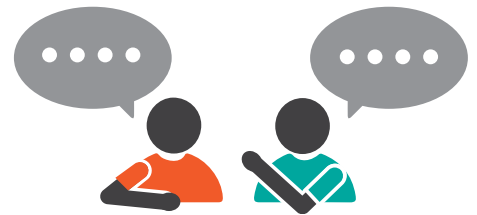
- The most important way to stay healthy and protect our Elders and community is to **stay at home and keep a distance** from other people, especially if anyone feels unwell.

Help is available

These changes and the impacts of COVID-19 can be distressing for our community. If you or someone you care about is feeling distressed call the NSW Mental Health Line on **1800 011 511** for confidential mental health support.

If you are feeling unwell, call Healthdirect on **1800 022 222**.

Find out more: **nsw.gov.au/covid-19**

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