

Murchison

VOLUME 44 | EDITION 1

April

2020

Monologue



murchisonshire

Ancient land under brilliant skies



murchisonshire

Ancient land under brilliant skies



Editor's Message

Hello Everyone and welcome to a new look Monologue! So much has changed in the world since the last one back in December

but, I think of all the people in Australia, for most of us on stations our lives have probably changed the least. If anything everyone else's lives have become a little more like ours. Sadly, the few events we do enjoy have been cancelled so we will have to look forward to a big shindig when we eventually come out the other side of the lock down!

Thanks to the people that have contributed to this edition and if anyone wants to send me articles of any description for the next edition please send them anytime between now and then and I will file until needed.

I hope you have a productive few months at home and stay safe and well.

Until next time

Emma

We are always looking for new content and welcome feedback

If you have any articles, information about events or photos you wish to share with our readers, then please do not hesitate to contact us as we would love to include them.

Contact

Editor:

Emma Foulkes-Taylor

E | cr.efoulkes-taylor@murchison.wa.gov.au

Shire Contact Details

OFFICE: 9963 7999

Fax: 9963 7966

Web: www.murchison.wa.gov.au

CEO: Bill Boehm

E | ceo@murchison.wa.gov.au

DCEO: Tatjana Erak

E | dceo@murchison.wa.gov.au

Admin/Finance: Racheal King

E | admin@murchison.wa.gov.au

Customer Service/Finance: Vicki Dumbris

E | finance@murchison.wa.gov.au

DEPOT: 9961 3805

Works Supervisor: William Herold

E | works@murchison.wa.gov.au

Technical Officer: Kaye Doyle

E | to@murchison.wa.com.au

ROADHOUSE: Pete & Nicole Mahony

Phone: 9961 3875

Fax: 9961 3876

E | murchisonoasis@westnet.com.au

MIDWEST FREIGHT: Mark Teal

Mobile: 0419 427 686

E | mwfreight@iinet.net.au

MEDICAL

Dr Nalini Rao

Mullewa Medical Centre

Thomas Street Mullewa

Phone: 9961 1063



YUCK CIRCUS

Touring Regional WA 1 May – 29 May 2020

“YUCK were able to create the perfect balance of discussing serious topics, flying through the air and being disgustingly hilarious” ★★★★★ FRINGE Feed

GERALDTON

Friday, 1 May 2020

MOORA

Monday, 4 May 2020

HARVEY

Wednesday, 6 May 2020

LAKE GRACE

Friday, 8 May 2020

YORK

Monday, 11 May 2020

CUE

Wednesday, 13 May 2020

MURCHISON

Friday, 15 May 2020

EXMOUTH

Tuesday, 19 May 2020

PARABURDOO

Thursday, 21 May 2020

DENBY

Monday, 25 May 2020

FT ROY CROSSING

Wednesday, 27 May 2020

BROOME

Friday, 29 May 2020

DEFERRED TILL LATER IN THE YEAR
BUT WE WILL BE BACK!



Department of
Local Government, Sport
and Cultural Industries



REGIONAL
ARTS WA



YUCK
CIRCUS

AUSPICIOUS
ARTS
PROJECTS

From the Shire

President's Desk

Hello All,

It's certainly a different world we find ourselves in and it's changing everyday. Some of the information you might read in the pages ahead might have changed between writing and publishing but at the end of the day council and staff are trying to manage the change as best as we can in the interests of our community.

For however long it is deemed necessary Council will be having its monthly meetings remotely via video conferencing. As this will preclude the option of face to face Public Question Time we encourage community members to submit questions to council via email a few days before the meetings.

Councillor Emma F-T and Fran F-T have put together a video launching our new logo and tagline which you might have seen on Youtube. I reckon it looks pretty good, but I could be a bit biased.

As we hear some pretty rugged news from around the world I am more grateful to be living here in the Murchison than ever.

If there is something you think Council could be doing better let us know.

Regards

Rossie

CEO's News

Hi All,

How things change so quickly!

As I indicated in the last issue, we look forward positively to 2020 and thus far, this is what is transpiring with lots of constructive work, plans and activity. This followed on from a delightful, terrific Christmas Tree celebration on 14 December 2019 and an enjoyable end to 2019.

However, the COVID-19 (Coronavirus disease) is hitting us all, locally, nationally and throughout the world.

We have sent several community emails, and no doubt there will be more, but as we all work through this crisis and respond to Government directions it is important to have patience, tolerance and express support for members of our community, especially those that are in need and at risk.

It is essential to minimise potential misinformation with references to the following and as the **single sources of truth** as the situation with this pandemic is changing daily, if not hourly.

wa.gov.au/government/coronavirus-covid-19

[HealthyWA website](#)

[Commonwealth Department of Health](#)

From an economic perspective the impacts will be significant. The national government is looking to provide economic stimulus to assist in getting through the expected economic downturn. Like all local governments we have been asked to provide a list of road projects that can be brought forward to commence in next three to six months

We have submitted a "wish list", primarily focusing on the Carnarvon-Mullewa Road including: reconstruction of the Bilung Creek Crossing; cement stabilising floodway sections north of the Murchison Settlement and extending the seal south of the Settlement. This last element is part of a tripartite arrangement with Upper Gascoyne and Meekatharra Shires.

We have experienced a significant flush of the Murchison River, brought about by significant rains in the upper part of the catchment in Meekatharra Shire. Whilst we hardly received a drop of rain in Murchison, crossings on the Mt Gould and Beringarra-Byro Roads received some damage which will need to be repaired. The new Twin Peaks-Wooleen crossing coped well and, apart for a short period of time, provided access to properties east of the river when prior to its construction they would have had to take alternative, longer routes to travel west.



Judging by the size of the February Agenda staff have returned from the Christmas break with energy, with the Works Crews eager to get stuck in. Whilst we have lost Greg Barr to retirement, we have gained Lou Bavoillot and his wife Wendy, adding to our Settlement population. Welcome Lou and Wendy.

Sam Walton has recently been appointed to a causal position as Community Projects Officer. Many congratulations also to both Sam and Stuart who were engaged on the weekend of March 7-8.

As described elsewhere in this issue, after over 12 months work by Cr Emma Foulkes-Taylor and Frances Jones, graphic designers Identity Perth have delivered what we in the office and Council feel is a vibrant, well coloured logo and a terrific start to branding of our shire with an "M" logo and associated **murchisonshire** "*ancient land under brilliant skies*". The rationale is sound, with a range of applications to follow, including new number plates that will be the envy of many.

There are many more things that could be highlighted but, thanks to Rossco who is now producing a monthly post Council Meeting "Rundown", there is not much to add - with plenty of information in summary included in this issue.

On a personal note, Kaye and I have now been here for a bit over 6 months and, as Kaye indicated prior to starting, she wanted to celebrate International Women's Day on the 8 March 2020.

Although, organisation of the event only commenced on the Thursday prior, a group of passionate women descended on 2 Office Road for a morning breakfast, where I had the privilege of assisting, and enjoying what is a significant world wide event. A truly worthwhile activity.

That's it for now!

Ciao

Bill Boehm



Ed: I read this article the other day and I reckon it has some great advice about video conferencing for work meetings.

<https://www.abc.net.au/news/2020-04-03/coronavirus-tips-for-video-conferencing-work-social-distancing/12113224>



Rosco's Rundowns Snapshot

A local recently said to me "None of us know anything about what is going on around here, maybe we should read the Council Minutes but they are pretty boring and you don't always find much out. You have to be a very important Councillor to know anything about what is going on."

To stop any conjecture about who the local was let's just say they were recovering after stupidly getting between a cow and where the cow wanted to go.

I responded by agreeing with them that I was very important but then said that all Councillors do live in the district and are nearly always contactable and happy to talk about what the Shire is up to. I also said I agreed that the minutes can be a bit of a dry argument at times, but I thought they stacked up reasonably well when compared to the Minutes from other shires around the area.

After mounting this defence though, and talking to CEO Bill, it did cross my mind that it could be a good idea to send out a bit of a summary following our Monthly Council meeting so following the November 2019 Council meeting we started a Rosco's Rundown Community email newsletter.

A summary snapshot of information provided over since the last Monologue issue includes the following:

Community Building.

We have completed some overdue refurbishment with painting and new carpet tiles. Whilst we wish to see the asset maintained to a good standard, the way it is used by the community won't change.

Insert pic

Settlement Power Supply.

The Shire received a report and update for the replacement of the existing Diesel Generators with two Cummins ????? now scheduled for April 2020. Meanwhile our existing units are being nursed through summer with fingers crossed and great care. We have also endorsed efforts to support Hybrid Systems in putting in an application for the Remote Communities Reliability Fund for Microgrids. After obtaining eQuotes we agreed purchased two Cummins

Council wants to try and head down the path of a solar power/diesel power combination for our future power supply but we are proceeding with caution as there is no end of suppliers who are happy to sell all sorts of expensive options to us (some of which may not actually prove too flash).

Supply of Housing

Council awarded the contract to Quality Builders in Perth to award a contract to build and

supply one 3x2 and one 4x2 house on Mulga Crescent within the Murchison Settlement. Completion expected May 2020.

Adaman Resources.

Council Ratified a Road Access & Maintenance Deed for the Beringarra-Pindar Road between Yuin and Pindar to facilitate the potential mining of ore from A-Zone. This involves the mining company upgrading the road prior to commencing carting the ore and then maintaining the road at their cost during what we are told will be around a 4-month period of haulage. A realignment around Mixy was also approved.

Mid-West Development Commission.

Council endorsed Cr Emma Foulkes-Taylor as its nomination as a local government representative on the Mid-West Development Commission Board. Emma's nomination was later accepted and she is off and running as a new board member.

Freeman of the Shire.

Those that attended the Saturday 14 December Christmas Tree (and probably a fair few others by now) will be aware that Council presented Freeman of the Shire Awards to Carol and Sandy McTaggart. The Freeman of the Shire Award is the highest award that we can confer to one of our community members, is conferred sparingly and recognises outstanding community service over a significant period of time. Well

done Carol and Sandy, the Murchison has been very fortunate to have you around the place contributing so strongly and selflessly for the last 40 odd years.



SKA Regional Stakeholder Meeting.

Deputy President Andrew Whitmarsh, Councillor Emma F-T and I attended a SKA Regional Stakeholder meeting in Geraldton on 3 December 2019. Emma has prepared a pretty comprehensive report which is included in the Council Minutes. The Shire continues to negotiate and lobby for positive spin-offs for all members of our community from this major international project we are hosting. Currently opportunities to be a part of the SKA seem only to be accessible to some sections or individuals within our Shire and this is an inequity Council will continue to push towards rectifying.

Coolcalalaya West Road Repairs.

This road has now been repaired after being badly damaged by some vehicles during wet weather this last winter. Council received and noted a legal advice report on actions relating to the cost recovery for the damage to the road from those companies / persons responsi-

ble. Council has not yet decided what course of follow up action will be pursued.

Murchison Fire Shed.

Post the Council Meeting and after the Local Fire Brigade Meeting we had the pleasure of officially opening our new Fire Shed. Thank you very much to all those that had a hand in ensuring this project was followed through to completion.



Murchison Logo

Following around 12 month's work, with the assistance of graphic designers Identity Perth, Cr Emma Foulkes-Taylor and Frances Jones have finalised a new logo. This was presented at the Council Meeting with Council adopting the "M" logo and associated **Murchison Shire** "*ancient land under brilliant skies,*" as shown.

Council are pleased with the way the logo can be used as part of our branding and are looking to officially launching the logo.

Now that I have more or less become a proper grown-up I have worked out and accepted that achieving unanimous support for something as emotive/subjective as a Shire logo is virtually impossible. Having said this, I feel that the whole Council was supportive of this new logo- which is a bit of a first for me. For the record, I reckon it is a fine new representation of our shire.

Annual Report

Upon adoption of the Financial Report, the 2018/19 Annual Report was able to be finalised and adopted. This year we have taken the opportunity in the Annu-

al Report to reveal the compliance and financial requirements (dictated by legislation) and to also expand on other relevant information by highlighting a bit of a background and a small summary of achievements. Local Govt regulations make for some fairly lengthy and at times quite “dry” reading but I reckon it is worth a look at this report as the Shire staff have done their best to make it interesting and relevant.

Bilung Creek Crossing

Council noted the Works Supervisor’s report drawing attention to the poor state of repair of the concrete crossing of the Bilung Creek Crossing on the Carnarvon-Mullewa Road. Whilst some flood damage money has been allocated for remedial works, the Works Supervisor felt the variable width, together with horizontal profile of the road and floodway plus age and condition of the concrete, may justify a review, potential redesign and reconstruction, a view that was shared by the rest of Council minus Cr Emma-F-T and myself.

Roads eQuotes

Colas WA were the successful tenderers for the 2019/20 Sealing Program for the Design, Supply, Spray and Cover Bitumen Sealing including Seal Design and Aggregate Supply.

Greenfield Technical Services were successful for the provision of Administrative and Engineering Supervision for Flood 6 – DRFAWA-AGRN 863

Request for Assistance

Council received late correspondence from Tania Mead of Walladar Enterprises who has sought Council assistance in investigating a matter whereby they have been unable to access potential work opportunities earmarked for Indigenous entities associated with the SKA Project, despite being an Indigenous Earthmoving Business located within the Shire. Before this was accepted as an item of Urgent Business, and then considered in Closed Council, Cr Greydon Mead declared an interest and vacated the Council Chamber.

Council remains concerned around the apparent inability for most local residents to access the potential opportunities associated with the SKA/MRO Project. In this instance Council resolved to support Walladar Enterprises in their endeavours to be rec-

ognised as a local Indigenous business suitable and eligible for contracts with Indigenous content within the Murchison Shire.

Mountain Bike Developments.

Updated advice was provided concerning funding applications being submitted in December 2019 towards a Mountain Bike Event planned for May 2021. The first application involved an application for Regional Tourism Funding to conduct the event. Subsequently an application for Building Better Regions Funding was lodged to construct the mountain bike track and for a part re-sheet of the Errabiddy Bluff Track.



There have been a few visitors to the Shire Office lately-no doubt disappointed they can't change their library books!

Flood Event 4-9 February

Council will review damage from the Flood Event of 4-9 February, which has caused the Murchison River to run and flood, once the river has fallen.

Information relevant to the passage of floodwaters in the Murchison River is shown as an attachment to the Council Minutes. Should any resident have additional observations such as rainfall and river heights, with times and dates, then please email the shire office so that we can update this information as a record that can potentially guide us in planning for expected river heights in future.

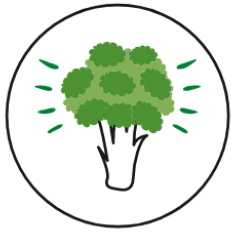
Meanwhile, below is a pic of the recently upgraded Twin Peaks-Wooleen Road crossing at the Murchison River which, from all

Twin Peaks-Wooleen Road at The Murchison River 6:30pm on 23 February 2020.



*Sealing the Carnarvon-Mullewa Road
south of the Murchison River*





ADD MORE VEGETABLES TO YOUR TABLE

By Fran Foulkes-Taylor, Accredited Practising Dietitian

Better late than never

Looking to support your immune system? Vegetables are a great place to start.

So one positive that has come from the Covid-19 pandemic, is that people seem to be awakening to the benefits of eating vegetables. And whilst I am definitely not one to make outlandish claims about certain foods and their health benefits, when it comes to vegetables, I will gladly hold them up on a pedestal. Veggies are packed with fibre, vitamins & minerals, they are cheap, readily available, and they will do wonders for your gut (read: lots of veg = great poos).

Whether they are tinned, frozen or fresh, getting more vegetables into your meals will help keep your immune system strong (do not confuse this with giving you immunity to catching viruses - they are not magic, after all), and will reduce your risk of chronic diseases down the track. And just in case you were wondering - no, they don't need to be organic or sold in a health food store for you to reap the health benefits.



Whether they are tinned, frozen or fresh, getting more vegetables into your meals will help keep your immune system strong

1 IN 13

Aussies who meet their recommended serves of vegetables each day (about 7%)



Yeah ok, but how much?

If you can't meet the recommendations, just aim for one extra serve each day.

So how many vegetables should we actually be eating? The Australian Dietary Guidelines recommend that adults should be aiming for 5-6 serves of vegetables each day, based on aged and gender. What is a serve of vegetables you ask? Below are some examples:

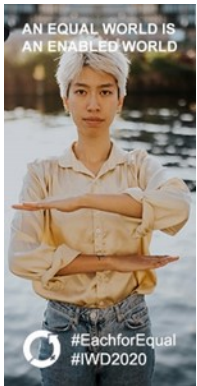
- ½ cup of cooked vegetables OR
- 1 cup of salad vegetables (they are a bit bulkier) OR
- ½ cup of cooked or canned beans, peas, corn or lentils OR
- ½ medium potato or sweet potato.

So to get five serves in a day you might have 2 cups of salad for lunch (2 serves), and then 1 cup of cooked veg (2 serves) + ½ cup sweet corn (1 serve) for dinner. See what you can do to fit more veg into your day! For more information about vegetables (and the other food groups) visit eatforhealth.gov.au.

International Women's Day Celebrations in the Murchison 2020

International Women's Day (IWD) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.

International Women's Day (IWD) has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people. Today, IWD belongs to all groups collectively everywhere. IWD is not country, group or organization specific.



#EachforEqual is about 'Collective Individualism'

The IWD 2020 campaign theme is drawn from a notion of 'Collective Individualism.'

We are all parts of a whole. Our individual actions, conversations, behaviours and mindsets can have an impact on our larger society.

Collectively, we can make change happen. Collectively, we can each help to create a gender equal world.

A small group of ladies gathered to celebrate IWD at the home of Kaye and Bill, with breakfast.

The morning commenced with a small candle lighting ceremony with the candles the colour of IWD: green, white and purple; White for all countries of the world, purple for IWD and green for our own country. A black candle is a significant part of the ceremony, however we just spoke about it. The black candle is significant in as much that it remains lit. It represents the atrocities that occur in the world, so it is lit, snuffed out and lit again and snuffed one last time.

We had a small discussion on how IWD has come about, the struggles for the vote, and where in fact, it wasn't until 1971 that **Switzerland** finally agreed to give women the vote!

Our gathering brought together all the women in the Settlement and from surrounds, and we were able to welcome Wendy to town.

This year was quite social with a few champers (oh, and some OJ). The breakfast was delightful. Next year will be bigger and held at the Sports Club (we shall be more organised!). IWD is normally celebrated on or as close as you can to March 8. Next year we will celebrate again on the Sunday or perhaps the Saturday. It is a day of celebration and men are not excluded from the celebrations.



The Gathering of Ladies from the Settlement and surrounds celebrating IWD 2020



Indianna, our youngest member celebrating IWD



MURCHISON MONOLOGUE

Special Farewell

Edition

19 December 2019

Inside this Issue

Gregarious!

Roudy

Enthusiastic

Guiding

Bold

Always supportive

Ripper

Resourceful

Nick name is
F..... yeh!!

So one saying is
F.....yeh!!

Goodbyes are not Forever
Goodbyes are not the End
They simply mean we miss you
Until we meet again

Murchison Shire Works Supervisor Will Herold said today,

"The tall one has finally called it a day after many long years pounding and reshaping our roads. Now with a big shed to hide from Bernie and lots of stuff to do, all is well for a successful new life.

We will miss you Greg. You have always looked to share and assist without fanfare. Just getting on with the task at hand but always with that big wide grin!!"



Ode from "The Road"

We all thank you Greg for helping and protecting us from the wind, rain and sun and especially from those bloody trucks and cars that pound us night and day. When you arrive, we are at our ebb. We have lost so many little friends that used to top us up. Bits of pee gravel, clay, calcrete and sometimes our recalcitrant bits of coffee rock interlopers who occasionally appear. Many have all left us for dead, drifting to the side with some gone forever on the wind.

Yes, when you arrive it's a bit of a shock and we don't initially like the treatment; as those rippers go in deep. Unlike the dentist we have no painkillers, so we brace ourselves!!

But it's not long before we are massaged by the blade; roughly at first, but later in gently sweeps. It's a bit enjoyable really. A bit of rolling and shaping when we are then reunited with some of our friends. On very rare occasions we are blessed with a bit of water. Oh, what a joy! Through you we finish proud and strong with that resilient shape that only you can deliver.

There's too many of us to list but from the Carnarvon-Mullewa, Beringarra-Pindar, Boolardy Kali, Butchers Track and Beringarra Cue along with many more from your "Roads;" here's a big thanks! Say hello when you return to visit. We don't expect much, but a small pat will do!

From Bill, Brent, Christine, Glen, Kaye, Ivor, Mark, Mellissa, Neil, Racheal, Ryan, Tat, Sam, Steph, Stuart, Vicki, Will, and many former others plus Crs Andrew, Emma, Greydon, Paul, Quentin and Rossco.

MURCHISON SHIRE PUBLIC LIBRARY

News from the Library

Open Monday to Friday - 8.30am to 4.30pm



Come and see what's new. We receive up to 50 items every 3 months from the State Library of WA.

A variety of new adult & Junior, fiction, non-fiction, children's titles, Biographies and different books on hobbies & interests, and in various formats, books, DVD's, CD's, MP3's, are available to borrow

Up to 5 items can be borrowed in a 4 week period due to the distance of travel for some patrons have to travel



If not you are not a member of our library, please come in and join - have a browse – you never know what may take your interest and its free!!!!.

Viki Dumbrijs

Sorry but we are closed now, but when we re-open we hope to have a small facelift!!!

Clinical Information from the RFDS

Dear Medical Chest Custodians,

At RFDS WO we recognise the importance of people being able to make informed choices about their own healthcare.

You have a right to information about your healthcare and we are here to support you with that.

We hope that the attached information about medicines will help you feel confident to ask for the information you need when you are talking to our doctors about your treatment options.

Yours sincerely

Dr Angela O'Connell

Head of Medical
RFDS Western Operations
3 Eagle Drive
Jandakot WA 6164

T 08 9417 6445
F (08) 9319 2934
M [Ange-
la.OConnell@rfdswa.com.au](mailto:Angela.OConnell@rfdswa.com.au)
> www.flyingdoctor.org.au



What are antibiotic-resistant infections?

When bacteria or the germs that cause an infection can't be treated with common antibiotics, they are called 'antibiotic-resistant'.

The more we use antibiotics, the more bacteria can change to prevent the medication working.

Eventually, antibiotics may no longer cure the infections caused by these bacteria.



Why is antibiotic resistance a problem?

Antibiotic resistance is a problem throughout the world and is a major threat to our health. If we take antibiotics when we don't need them, or if we take them for too long, infections are more likely to become resistant to that antibiotic.

Antibiotic resistance increases the risk posed by some treatments that have a high risk of causing infections – like surgery. If there is too much antibiotic resistance this will impact on the effectiveness of these treatments.

Sometimes, even simple infections now need to be treated in hospital with intravenous antibiotics, when they otherwise could have been treated with oral antibiotics at home.

In Australia, we use a lot of antibiotics in the community, in hospitals and in aged care homes. We use antibiotics more than many other developed countries and sometimes they're prescribed when they're not really needed, which means more bacteria develop resistance.



What can I do?

- 1 You can prevent spreading germs by:**
 - washing your hands after sneezing or touching your eyes, nose or mouth
 - coughing into your elbow instead of your hand
 - staying away from work or school if you are unwell
 - having the vaccinations your doctor recommends for you
 - Ensuring your home environment is clean.
- 2 If you do get sick:**
 - ask what you can do to feel better and ease your symptoms while your body fights a viral infection where antibiotics do not work
 - let your doctor know that you are worried about antibiotic resistance and only want an antibiotic if you really need it
 - ask your doctor if a test would identify the cause of your infection.
- 3 If your doctor prescribes an antibiotic:**
 - take your antibiotic exactly as your doctor has prescribed
 - never take leftover antibiotics or give them to someone else
 - don't keep any repeats of the prescription 'just in case' of future sickness – always see your doctor each time
 - after you are better, return any unused medicine to your pharmacy.



Local News

Jeffries mob happenings from Steph

Mum (Katie) is living mostly in Geraldton with some trips to Billabalong.

Alexis is yr 7 at Nagle and going well.

Georgie is in Geraldton, studying Art at TAFE and loving it.

Tim is in Geraldton and nearly finished his carpentry apprenticeship.

Josh is in Geraldton and studying Digital Media Programming.

Dan, Kristopher and Kati are at Billabalong doing station stuff.

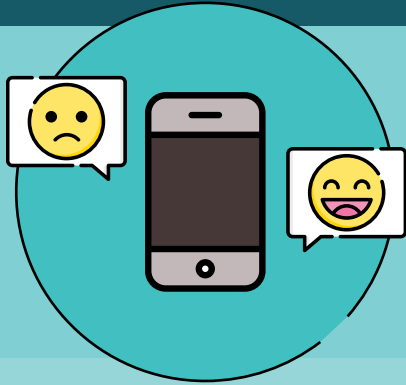


Brent, Indianna and I are at the Settlement. Indi enjoyed a "Murchison River-christening" the other day when the river was up at Ballinyoo.

Engaged!



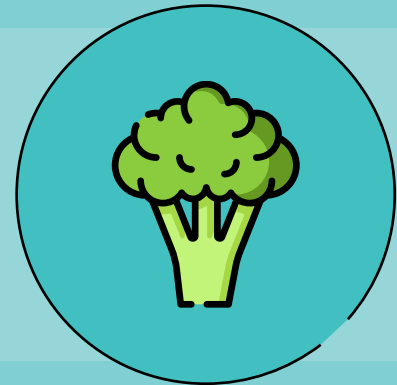
Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

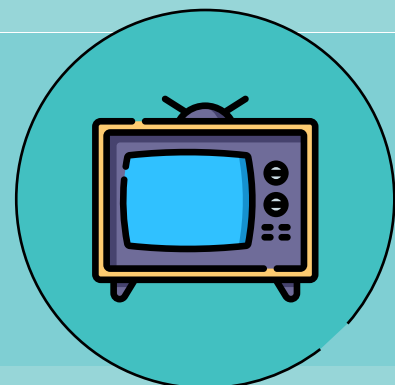
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

