

## HEALTH + COVID-19

If you have concerns about your health, contact **13 HEALTH (13 432 584)**.

If you have serious symptoms, such as difficulty breathing, **call 000** and ask for an ambulance.

If you have symptoms of the virus and have travelled overseas in the past 14 days, had close contact with a confirmed case or visited a known hot spot, contact your doctor immediately.

For resources on how to stay healthy and minimise transmission, visit [www.health.qld.gov.au/coronavirus](http://www.health.qld.gov.au/coronavirus).

If you are registered as quarantined in Queensland and need essential supplies, with no other means to access them, contact the Community Recovery Hotline (Care Army) on 1800 173 349.

If you are a National Disability Insurance Service (NDIS) participant concerned about exposure to COVID-19, call 1800 020 080 (operating 24 hours a day, seven days a week).

For translating or interpreting services, call 131 450. If you are deaf or have a hearing or speech impairment, you can call the National Relay Service on 1300 555 727.

If you are feeling depressed, anxious or lonely, there are people you can talk to:

- **Lifeline on 13 11 14**
- **Beyond Blue on 1300 224 636.**

Remember, you are not alone. Stay connected and get the latest updates on facebook. **Together, we can get through this.**



@ShaneKingMP

## HEALTH CONTACTS

### Queensland Health

Phone: 13 43 25 84 (13 HEALTH)  
[www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19](http://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19)

### National Coronavirus Helpline

Phone: 1800 020 080

### Community Recovery Hotline (Care Army)

Phone: 1800 173 349

### Health Direct Hotline

Phone: 1800 022 222

### Lifeline

Phone: 13 11 14

### Beyond Blue

Phone: 1300 224 636

### Headspace

Phone: 1800 650 890  
[www.eheadspace.org.au](http://www.eheadspace.org.au)

### Mensline Australia

Phone: 1300 789 978

### Kids Helpline

Phone: 1800 551 800

### Meals on Wheels (QLD)

Phone: 1300 90 97 90

### Residential Tenancy Authority (QLD)

Phone: 1300 366 311

### Sign up for the Care Army

<https://register.emergencyvolunteering.com.au/>

### Small Business Hotline

1300 654 687  
[www.business.qld.gov.au](http://www.business.qld.gov.au)

## Shane King

State Member for Kurwongbah

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## Shane King MP

State Member for Kurwongbah



## Covid-19

Information and contacts you and your family need to know.





## OUR RESPONSE TO COVID-19 (CORONAVIRUS)

For general information about COVID-19 contact the **National Coronavirus Health Information Line on 1800 020 080** (operating 24 hours a day, seven days a week).

For information about the Australian Government's response, visit [www.health.gov.au](http://www.health.gov.au) or **to find out about economic support payments, visit [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)**.

For information about Queensland's response, visit [www.health.qld.gov.au/coronavirus](http://www.health.qld.gov.au/coronavirus).



### Where do I get information on coronavirus?

Go to [www.health.qld.gov.au/coronavirus](http://www.health.qld.gov.au/coronavirus)

## Financial Support

### Support for Individuals

The Australian Government is providing financial assistance to Australians, including:

- income support payments
- household support payments
- free child care
- business support payments for workers
- temporary early release of superannuation

Visit [www.treasury.gov.au/coronavirus](http://www.treasury.gov.au/coronavirus) and [www.servicesaustralia.gov.au/individuals/job-seekers](http://www.servicesaustralia.gov.au/individuals/job-seekers) for information about what's available to you.

### Free Child Care

From Monday 6 April until 12 July, child care will be free for working and vulnerable families.

Weekly payments will be made directly to early childhood education and care services in lieu of Child Care Subsidies, to help them keep their doors open and employees in their jobs.

Families will not be charged fees during this time.



### Student Learning

The Department of Education has a number of online tools and resources to support families who choose to keep their children at home. **Visit [www.education.qld.gov.au/curriculum/learning-at-home](http://www.education.qld.gov.au/curriculum/learning-at-home)** for information and student support.

### Shane King

State Member for Kurwongbah

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**Are you a small business affected by COVID-19?**

There is help available.

Please call our hotline **1300 654 687**

## Support for Business

The Queensland Government is working with the Australian Government to support businesses to manage cash flow challenges and retain employees in these economically challenging times.

Available assistance includes:

- cash flow support
- rent relief
- payroll tax support
- instant asset write off
- jobs support loans
- small business hotline

**Detailed fact sheets can be found online, visit**

- [www.treasury.gov.au/coronavirus](http://www.treasury.gov.au/coronavirus) and
- [www.business.qld.gov.au](http://www.business.qld.gov.au)

