

# COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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## Friday 8 May 2020

Positive Life NSW COVID-19 Toolkit is a weekly update of practical resources, tools and strategies for people living with HIV in NSW, our supporters and associates who are affected by HIV, as well those who work in the NSW HIV sector.

4-10 May was Privacy Awareness week. The theme this week is **'Protecting your personal info online especially in a time of COVID-19'**

If you have information to contribute to future TookKits, please email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

## NSW HIV SECTOR

### **NEW** LOOKING #BEYOND 2020 in NSW

If you live with HIV, affected by HIV (partner, family, friend) or work in the HIV Sector, please join Positive Life NSW in looking #Beyond2020 to address the interests of all people living with HIV in NSW.

>> [MORE DETAILS](#)

### PRACTICAL RESOURCES, TOOLS AND STRATEGIES

For [people living with HIV in NSW in a time of COVID-19](#).

### NSW HIV SECTOR SERVICES

[Who's open, what's available and how to get the support](#) you need. If your service is missing or you want to update your details, email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

### TALKABOUT: CORONAVIRUS & LIVING WITH HIV

What's it like to live with HIV in a time of the Coronavirus pandemic? [Send in your stories, experiences or opinion pieces](#) for June Talkabout Online: where we speak for ourselves.

### FAQS ABOUT COVID-19 & LIVING WITH HIV

[Frequently Asked Questions about Coronavirus](#), the virus that causes COVID-19 as it **specifically relates people living with HIV**.

## HEALTH

### FEELING UNWELL

Need to check if you should seek medical assistance for coronavirus? Visit the [online NSW Government COVID-19 Symptom Checker](#)

**If you have severe difficulty breathing call triple zero (000) immediately.**

### CORONAVIRUS IN YOUR LANGUAGE

News and information about coronavirus (COVID-19) is [available in 63 languages](#).

**NEW** National COVID-19 Triage Hotline  
**1800 020 080**

### GETTING YOUR MEDICATIONS AT HOME

All people with a chronic health condition, including PLHIV are eligible to have your medication delivered free via the [Pharmacy Home Delivery initiative](#) in association with the [Home Medicines Service](#).

### NEW USING TELEHEALTH RESOURCE

Step by step process and Frequently Asked Questions about using Telehealth.

>> [MORE DETAILS](#)

### NEW TELEHEALTH WITH SKYPE

Step by step guide to Skype telehealth consultations with your GP.

>> [MORE DETAILS](#)

### HAVING A PHONE OR ONLINE CONSULTATION

The Royal Australian College of General Practitioners (RACGP) have a useful resource when you're thinking about having a phone or online consultation with your GP.

>> [MORE DETAILS](#)

### NSW HIV SECTOR SERVICES INFORMATION

What's available, opening times and access options for HIV sector personnel and people living with HIV.

#### Are your service details up-to-date?

To add or update your info, please email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

## FINANCIALS

### NEW TELSTRA KEEPING JOBSEEKERS CONNECTED

Telstra discount for eligible customers currently receiving the JobSeeker payment. Customers may receive a discount of up to \$20 per month off the total bill for six months. **Applications open until 18 May 2020.**

>> [MORE DETAILS](#)

### NEW NATIONAL DEBT HOTLINE

Overwhelmed? Not sure what to do about your debts? Get independent professional advice how to get through the next few months as the pandemic continues, and provide help around accessing hardship arrangements. [Visit the website](#) or call the **hotline on 1800 007 007.**

### NEW GOVERNMENT FINANCIAL ASSISTANCE

Financial assistance to support you through the Coronavirus. This assistance includes income support payments, payments to support households and temporary early releases of superannuation.

>> [MORE DETAILS](#)

### TROUBLE PAYING BILLS?

Some things you can do if you're in a financial crisis.

>> [MORE DETAILS](#)

### UPDATE TO MUTUAL OBLIGATIONS

People on JobSeeker payment will not need to look for work until at least **22 May**. The government has suspended so-called 'mutual obligations' until then. If you'd like a hand with a JobSeeker claim, call the **Welfare Rights Centre NSW on 1800 226 028** for free advice.

>> [MORE DETAILS](#)



## HOUSING

### JOYS & DRAMAS OF SHARE ACCOMMODATION

What do you need to consider, when you're thinking about going into share accommodation. Positive Life Housing Support has some ideas and suggestions.

>> [MORE DETAILS](#)

### **NEW** COVID19 CRISIS ACCOMMODATION REGISTER

To [support people in the community who urgently need housing during COVID19](#), DV NSW, Homelessness NSW and Yfoundations are working to connect homelessness and support services.

### EMERGENCY OR SHORT TERM HOUSING

A guide for people at risk of becoming, or are, homeless, as well as options for frontline healthcare workers needing temporary housing during the COVID19 crisis.

>> [MORE DETAILS](#)

### NSW EVICTIONS MORATORIUM: AN EXPLAINER

**NSW Tenants Union** cover details of the NSW evictions moratorium.

>> [MORE DETAILS](#)

## LEGAL

### **NEW** POLICING THE PANDEMIC FORUM – FREE

The Public Interest Advocacy Centre (PIAC) is hosting this **Zoom forum on 12 May 2020, 1.00pm-2.00pm.**

>> [REGISTER HERE](#)

### LEGAL HELP & INFO – FREE

**LawAccess NSW** and **Legal Aid NSW** have partnered up to [offer free legal help to people affected by the COVID-19 restrictions.](#)

### INTERNATIONAL STUDENT QUESTIONS ABOUT STUDENT VISAS

If you need free and confidential migration advice about your student visa, or if you have other legal questions, contact **Redfern Legal Centre's International Student Legal Service NSW.**

## SURVEYS & RESEARCH

### SURVEY: PETS AND MENTAL HEALTH

BEING is running a fur/feather baby quiz: how the animals in your life help your mental health.

>> [MORE DETAILS](#)

### **NEW** SURVEY: STAYATHOME4HEALTH

University of Sydney is conducting research into how Australians are affected by COVID-19 and the recommendations to stay at home.

>> [MORE DETAILS](#)

### **NEW** SURVEY: ADAPT STUDY

Exploring the impact of the COVID-19 pandemic on Australians who use drugs. By sharing your experiences, you contribute to harm minimisation during the COVID-19 pandemic and beyond, and to develop strategies to stay safe and healthy.

>> [MORE DETAILS](#)

### **NEW** SURVEY: IMPACT OF COVID-19

Equality Australia wants to build a clear picture of the needs of LGBTIQ+ people during this time, and advocate strongly and effectively for our community so that nobody is left behind.

>> [MORE DETAILS](#)

### **NEW** SURVEY: SEXUAL & REPRODUCTIVE HEALTH

Investigating the impact of the COVID-19 pandemic on the sexual and reproductive health of people living in Australia. Please consider participating even if you haven't ever had sex, or are not currently having sex.

>> [MORE DETAILS](#)

### SURVEY: HEALTH & WELLBEING

Swinburne University are investigating the impact of social distancing, self-isolation, and quarantine on our health, psychological wellbeing, and relationships.

>> [MORE DETAILS](#)

### INCIDENT REPORT: CORONAVIRUS RACISM

The Asian Australian Alliance want to document instances of racism in the community in the times of COVID-19.

>> [MORE DETAILS](#)

# PROTECTING YOUR ONLINE PRIVACY

## **NEW** DIGITAL DATA DETOX KIT

Everyday steps you can take to control your digital [privacy](#), [security](#), and [wellbeing](#) in ways that feel right to you.

>> [MORE DETAILS](#)

## **NEW** REBOOT YOUR PRIVACY

Protecting your personal information online is increasingly important as even more of our day-to-day activity takes place in the digital environment: from work, study and socialising to shopping online or using connected devices.

>> [MORE DETAILS](#)

## THE ESAFETY GUIDE

The [games, apps and social media platforms explained along with suggestions](#) on how protect your privacy and security.

## **NEW** UNDERSTANDING IDENTITY THEFT

A type of fraud that involves the compromise of identifying information that may or may not result in the misuse of such information by another person without authorisation.

>> [MORE DETAILS](#)

## **NEW** ONLINE SECURITY SELF-ASSESSMENT

[ATO self-assessment designed to provide you with measures and information](#) to assist you to improve your online security.

## No equipment? No worries!



**Mail order NSP available NOW**

If you're self isolated or quarantined and need injecting equipment, don't put yourself at risk by reusing or sharing equipment. Instead, contact NUAA — we will mail you out however much you need of all sorts of injecting equipment (including speciality gear like wheel filters). Visit our website for more info about how COVID-19 might affect you as a person who uses drugs.



**NUAA**  
NEW USERS AND ANON ASSOCIATION

Ph: (02) 8354 7300 or freecall 1800 644 413 | visit [nuaa.org.au](http://nuaa.org.au)

## **NEW** STAY SMART ONLINE

A short guide to help you put in place useful online security habits.

>> [MORE DETAILS](#)

## **NEW** WHY IT MATTERS

We lock our doors and keep our wallets and purses safe. Taking care of your safety online is no more complicated than the steps you take in other aspects of your life.

>> [MORE DETAILS](#)

## **NEW** PROTECTING YOUR PRIVACY IN NSW

A guide to protecting your privacy in NSW by the **NSW Information and Privacy Commission**.

>> [MORE DETAILS](#)

## **NEW** ACCESSING YOUR HEALTH INFO ONLINE

Under the NSW *Health Records and Information Privacy Act 2002* (HRIP Act), you have a right to access health information about you from NSW health service providers, public sector agencies and some private sector organisations that hold health information.

>> [MORE DETAILS](#)

## **NEW** IDCARE 'HOW TO' VIDEOS ON PROTECTION

To help you make your devices secure, learn how to protect your phone, install antivirus software and many more.

>> [MORE DETAILS](#)

## **NEW** SOCIAL MEDIA AND PRIVACY

Anyone can copy what you post on social media, including your pics. Being safe is about making good choices.

>> [MORE DETAILS](#)

## **NEW** FACEBOOK PRIVACY SETTINGS VIDEO

Anyone can copy what you post on social media, including your pics. Being safe is about making good choices.

>> [MORE DETAILS](#)

## **NEW** YOUR DIGITAL REPUTATION

Your digital footprint of all the things you say and do online, as well as what others post about you.

>> [MORE DETAILS](#)

## FOOD & DRINK

### LOW COST TO FREE MEALS DIRECTORY

Includes Inner-West & Sydney City, Canterbury/Bankstown, Fairfield, Greater Western Sydney, and Macarthur//Campbelltown.

>> [MORE DETAILS](#)

### **NEW** FAIRFIELD LOW COST TO FREE MEALS

Meals, hampers, community pantry

>> [MORE DETAILS](#)

### **NEW** GROCERIES DELIVERY SERVICES

Woolworths and Coles have resumed **normal online delivery services** to all customers while continuing to prioritise vulnerable and isolated members of the community. [Coles Online Priority Service](#), and [Click & Collect services](#) have opened to all customers, and [Woolworths new Priority Assistance Partner Pickup](#) in selected stores which allows customers to place online orders for someone to pick up on their behalf, has opened.

### **NEW** MICHELIN GUIDE SHARES TOP RECIPES

The Michelin Guide has been sharing homemade recipes by some of the most famous chefs in the world on its [Instagram](#) account every day.

### POSITIVE LIFE NSW SILVER WARRIORS

Support for people over 45 years, to find your way through the maze of healthcare, aged care or disability services. Find out what you're entitled to and make your life more comfortable.

Call (02) 9206-2177 or 1800 245 677 (freecall outside metro).



Supporting you through aged care, disability and health services



## EMOTIONAL SUPPORT

### **NEW** WHO YOU GONNA CALL?

A range of helplines and supports collected especially for people living with HIV during the COVID-19 crisis.

>> [MORE DETAILS](#)

### **NEW** LOOK AFTER YOUR MENTAL HEALTH AUSTRALIA

#InThisTogether – Mental Health Australia

>> [MORE DETAILS](#)

### **NEW** KEEPING IT TOGETHER

TripleJ-HACK has collected a bunch of tips on how you can best protect your mental health while we all grapple with COVID-19.

>> [MORE DETAILS](#)

### **NEW** BUILDING YOUR RESILIENCE

“Resilience is not a trait. It’s not something you’re born with. It’s not something you just have.” 8 tips and strategies to building your resilience.

>> [MORE DETAILS](#)

### **NEW** PODCAST: FINDING EASE IN ALONENESS

Buddhist writer and scholar Stephen Batchelor teaches how to approach solitude as a graceful and life-giving practice.

>> [MORE DETAILS](#)

### TIME 2 TALK

Free telephone support service for people around a range of COVID-19 related challenges relating to individuals, couples, families, households and teams.

>> [MORE DETAILS](#)

### COVID19 MENTAL WELLBEING SUPPORT SERVICE

A dedicated [Coronavirus Mental Wellbeing Support Service](#) is available from Beyond Blue including a free Coronavirus Mental Wellbeing Support Line 1800 512 348 available 24/7.

### BLACKDOG: BREAKING DOWN DEPRESSION

Friday 22 May 12noon. **40 minute webinar.**

>> [MORE DETAILS](#)

## CULTURE/ ART/ BOOKS

### FESTIVAL OF DANGEROUS IDEAS (FODI) DIGITAL

May 9-10 FODI will host a series of [digital conversations called FODI Digital](#).

### HOT DUB AT HOME – FREE

#hotdubathome is on again this **Saturday 9-11pm AEST**. This epic 2.5 hour [dance party from Sydney, Australia's](#) by Tom Lowndes aka Hot Dub Time Machine through pop music history from 1954-2020.

>> [TWITCH STREAMING HERE](#)

### ROOM 2 RADIO – FREE

**Change Friday to Fri-slay**, clubbing from the comfort of your own home, **live from 8pm-Latepm**.

>> [TWITCH STREAMING HERE](#)

### **NEW** HEAD ON PHOTO FESTIVAL – FREE

2020 events program – artist talks, workshops, panels. Search by presentation or date.

>> [MORE DETAILS](#)

### **NEW** PLANTS EXHIBITION

The Royal Botanic Garden **Plants** exhibition features more than 150 artworks celebrating a love of plants.

>> [MORE DETAILS](#)

### **NEW** BEAMAFILM – FREE

Watch [unlimited films and documentaries for free with a library card](#). Plenty of local Aussie content as well as independent and classic films and documentaries.

### KARAOKE CAMP - FREE

A [24hr online karaoke party free](#) for anyone to join.

### SHIT PUB TRIVIA – FREE

To register, direct-message the [Shit Pub Trivia Facebook page](#) with your team and captain's names. The quiz will be livestreamed on Facebook **every Wed** from 7.30pm in NSW, Victoria and Tassie, 7pm in South Australia, 6.30pm in Queensland and 4.30pm in WA.

>> [MORE DETAILS](#)

## VIRTUAL CULTURAL FIX

### ISOL-AID FESTIVAL – FREE

Isol-Aid is [an online music festival and gathering space](#), where **every weekend** from **12 noon to 12 midnight AEST** artists play 20-minute sets streamed live via their Instagram accounts.

### WORKSHOP: SAVING LIVES WITH IMAGES

See how [images are being used to save lives, reunite missing children with families and make the world a safer place](#). **Weds 13 May, 12noon**.

### **NEW** LOVE FROM HOME

A fan-run Harry Styles online concert aimed at fans, with the sole purpose of enjoying.

>> [REGISTER HERE](#)

### **NEW** ZOO TO YOU

**Adelaide Zoo and Monarto Safari Park** have teamed up to bring the zoo to you so you can stay #athomewiththeanimals.

>> [MORE DETAILS](#)

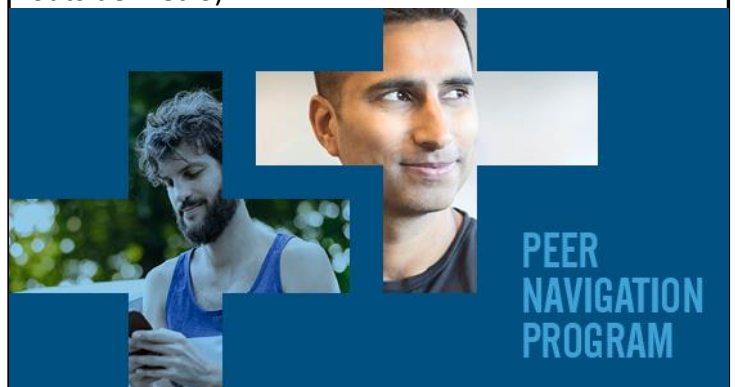
### **NEW** NEW YORK MOMA

**The Museum of Modern Art** have placed a number of collections online for viewing.

>> [MORE DETAILS](#)

### POSITIVE LIFE NSW PEER NAVIGATION

Peer Navigators are people with lived experience of HIV and training to guide, refer, educate and connect others living with HIV into the health and social systems of care and support you want and need. Call (02) 9206-2177 or 1800 245 677 (freecall outside metro).



## TRAINING/ EMPLOYMENT

### FIND THE COURSE FOR YOU

Thousands of on-campus and online courses across Australia in one place.

>> [MORE DETAILS](#)

### 21 SHORT TAFE COURSES – FREE

>> [MORE DETAILS](#)

### COURSERA.ORG – FREE

University-based courses available online. Includes creative courses, like photography, writing and art.

>> [MORE DETAILS](#)

### EDX.ORG – FREE

Offering a range of courses on different topics, run by universities from around the world. Free, or pay a small amount to get a certification when you complete the course.

>> [MORE DETAILS](#)

### ONLINE EMPLOYABILITY COURSE – FREE

A self-paced, online course developed by UQ to show you how to take your experiences, extract what you've learned from them and present them in a way that would be attractive to an employer.

>> [MORE DETAILS](#)

### DEAKIN UNIVERSITY COURSES – FREE

Courses on sustainability and development, online learning, strategic innovation, professional skills, and caring for older people.

>> [MORE DETAILS](#)

### WESTERN SYDNEY WOMEN

A free WISE Woman program for women 50+ to assist them in being money smart, building confidence and preparing them for future employment.

>> [MORE DETAILS](#)

### #PROJECTDISPLACED

A community movement to help as many displaced Australian airline, arts, tourism and hospitality workers (and more) as possible during the COVID-19 crisis, and has now extended across the globe.

>> [MORE DETAILS](#)

### MACQUARIE COMMUNITY COLLEGE

A leading provider of adult education for 70 years are now offering remote learning options in many of their courses.

>> [MORE DETAILS](#)

### HIV SECTOR RELEVANT EMPLOYMENT

Aboriginal Legal Service (NSW/ACT) Field Officer [Applications close: 9:00 AM AEST, 14 May 2020](#)

Aboriginal Legal Service (NSW/ACT) Admin Officer - Nowra, Wollongong & Moruya [Applications close: 9:00 AM AEST, 14 May 2020](#)

Disability Advocacy NSW Regional Coordinator - Disability Advocate [Applications close: 5:00 PM AEST, 17 May 2020](#)

Marrin Weejali Aboriginal Corporation Alcohol and Other Drug / Social & Emotional Wellbeing Counsellor [Applications close: No Deadline - please apply asap](#)

NSW Public Service Commission Clinical Nurse Specialist - Sexual Health [Applications close: 6 May 2020](#)

Rozelle Neighbourhood Centre Support Workers [Applications close: No Deadline - please apply asap](#)

St Vincent's Health Australia Aboriginal Health Worker [Applications close: 11:59 PM AEST, 27 May 2020](#)

## COMMUNITY SUPPORT

### PARRAMATTA COVID-19 BUSINESS FINDER

The [City of Parramatta Council offers an interactive online map](#) to find businesses in the Parramatta CBD as well as nearby parking.

### SWOP NSW

COVID-19 news, updates and resources for sex workers in NSW.

>> [MORE DETAILS](#)

### COVID-19 IN THE RED BOOK

Guidelines, harm reduction tips and strategies by and for sex workers.

>> [MORE DETAILS](#)

### **NEW** RED CROSS LAUNCHES COVID19 CONNECT

A free service for adults of all ages providing support and community connection to people who are feeling socially isolated, or experiencing isolation or loneliness as a result of COVID-19.

>> [MORE DETAILS](#)

### **NEW** FAIRFIELD WELLBEING REGISTER

Fairfield City Council has set up the Mayor's Wellbeing Register to help those most in need in the community, during these challenging times.

>> Call 9725 0222 or [complete the online form](#)

### **NEW** ONE DOOR MENTAL HEALTH

Bilingual mental health support linked with community services and allied health professionals to identify and link people from CALD backgrounds in Western Sydney to appropriate services.

>> [MORE DETAILS](#)

### **NEW** DRUG WARNING HIGH AND VARIABLE DOSE MDMA 'C P' AND 'LEVI'S'

High-dose MDMA (ecstasy) tablets [have been found in NSW. These high-dose tablets contain three to four times the common dose of other MDMS tablets and capsules](#) found circulating in NSW.

### NSW ARTS SUPPORT

Create NSW offers COVID-19 support for the small-medium arts and screen sector.

>> [MORE DETAILS](#)

[CLICK HERE TO SUBSCRIBE TO THIS TOOLKIT BY EMAIL](#)





## SECTOR SUPPORT

### **NCOSS COMMUNITY JOBS – FREE**

NCOSS Community Jobs is providing ALL NGOs access to advertise jobs available on NCOSS Community Jobs Board **free until 30 June**.

>> [MORE DETAILS](#)

### **NEW IMPROVE NSW HEALTH AOD WEBPAGES**

The Centre for Alcohol and Other Drugs is currently reviewing the content of the **AOD webpages in the NSW Health website**.

>> [CLICK HERE TO HAVE YOUR SAY](#)

### **NEW 2020 GOVERNMENT ENGAGEMENT**

Responding to COVID-19, rethinking your assumptions and refreshing your approach.

>> [REGISTER HERE](#)

### **NEW EMPLOYERS AND COVID-19**

Information sheet from Gilchrist/Connell regarding employees obligations and rights.

>> [MORE DETAILS](#)

### **NEW INFLUENCING GOVERNMENT PRIORITIES IN A CRISIS – FREE TO NFPS**

Influencing politicians, their minders and bureaucrats is difficult at the moment, yet there have been associations which have succeeded or made progress. **Thurs 14 May 12pm to 1pm**.

>> [REGISTER HERE](#)

### **STRATEGIC ADVICE TO NFPS – FREE**

**Free 30-minute phone consultations** for NFP's with PR expert Jo Scard from Fifty Acres.

>> [MORE DETAILS](#)

## SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



### **NEW VIRTUAL COVID-19 CONFERENCE 10-11 JULY**

COVID-19 abstract submissions, including exploratory studies, are now open until Mon 25 May 2020.

>> [MORE DETAILS](#)

### **NEW A MENTALLY WELL WORKFORCE**

How to approach an employee who may have poor mental health during the coronavirus lockdown.

>> [MORE DETAILS](#)

### **NEW UNSW SPEAKEASY PODCAST: COVID-19**

Annie Madden and Professor Carla Treloar explore COVID-19 through a lens of poverty, human rights and the nexus of sex and drugs.

>> [MORE DETAILS](#)

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We acknowledge the traditional custodians of this land that we live and work on, and recognise, respect and value the deep and continuing connection of Aboriginal and Torres Strait Islander people to land, community and culture.

We pay our respects to Elders, Past, Present and Future.

**PositiveLifeNSW**  
the voice of people with HIV since 1988