

# COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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## Sunday 30 August 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.

The theme in the ToolKit this week is **'More than masquerade, are masks NSW's latest essential wear?'** If you have information or feedback to contribute to future ToolKits, please email

## POSITIVE LIFE NSW COVID-19 RESPONSE

**SOCIAL SUPPORT:** Peers Connect Online! welcomes all people living with HIV (PLHIV) in NSW regardless of gender or sexuality. RSVP Essential. [[Thurs 3 September, 6pm-7.30pm AEST](#)]

**EVALUATION:** Please feedback about this newsletter for people living with HIV in NSW. Open until **5pm Monday 7 September 2020**. [www.surveymonkey.com/r/COVID19-newsletter](http://www.surveymonkey.com/r/COVID19-newsletter)

**CO-DESIGNED NEEDS ASSESSMENT:** Calling all NSW-based Aboriginal and Torres Strait Islander mob living with HIV or at risk of HIV. Let's have a yarn about HIV! Call Michelle on (02) 9206 2177 or 1800 245 677 (freecall) or [contact@positivelife.org.au](mailto:contact@positivelife.org.au) [[Aboriginal & Torres Strait Islander Health Program](#)]



## HEALTH

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

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

**ONLINE RESOURCE:** Coronavirus (COVID-19) Symptom Checker. [[HealthDirect](#)]

**ONLINE RESOURCE:** News and information about Coronavirus (COVID-19) in your language. [[SBS](#)]

**#COVID19 UPDATES:** Latest Coronavirus (COVID-19) updates and health statistics. [[NSW Health](#)]

**TESTING:** Find your nearest testing centre in NSW. [[NSW Government](#)]

**RESTRICTIONS:** What you can and can't do under the rules. [[NSW Government](#)]

**NEW HEALTH:** COVID-19 cases are highest in young adults. We need to partner with them for the health of the whole community. [[27 August, The Conversation](#)]

**HEALTH ADVICE:** Masks are a helpful addition in the fight against COVID-19 if used correctly. NSW Health strongly encourages people to wear them when unable to physically distance. [[NSW Health](#)]

**NEW WATCH:** Close contact: You've heard the term 'close contact', but what does it mean? by Dr Anthony Zheng [[NSW Health](#)]

**NEW WATCH:** COVID-19 Testing – what to expect. [[NSW Health](#)]

## TOOLS, VIEWS, NEWS

**NEW ONLINE TOOL:** Analysis and map shows how the pattern of Covid-19 has changed by region and throughout Sydney. Live data updates will track the numbers throughout NSW. [[26 August, Guardian Australia](#)]

**WEBINAR:** A Global Response to COVID-19 and HIV: Lessons for Australasia. Featuring speakers Sharon Lewin (Doherty Institute) and Chris Beyrer (Johns Hopkins), this webinar will provide a global overview of the intersection between HIV, VH and COVID-19; the impact, opportunities and lessons learnt from the HIV response. [[3 September, 6pm to 8.45pm AEST](#)]

**NEW FREE WEBINAR:** Social prescribing, a script for better living. Social prescribing is where health professionals, including GPs, link patients with social services – or even social groups. A GP may, for example, suggest a patient join a local running group to enjoy the benefits of exercise and interaction. [[31 August, 12noon to 1.15pm AEST](#)]

**NEW WATCH:** Putting on and taking off a mask safely and correcting. [[28 August, NSW Health](#)]

**NEW NEWS:** How can we use our knowledge of human behaviour to better support people complying with quarantine? 7 ways to better design quarantine, based on what we know about human behaviour. [[28 August, The Conversation](#)]

**NEW WATCH:** Sydney cluster concerns. Health experts are concerned over a growing COVID-19 cluster in Sydney's CBD. [[27 August, 9News](#)]

### 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)



## HOUSING

**RENTING:** The Renters' Guide to COVID-19 has been developed to provide legal information about situations that may arise as a result of the COVID-19 pandemic. [[Tenants' Union of NSW](#)]

**SUPPORT:** Get Tenancy advice from your local service. [[Tenants' Advice and Advocacy Services in NSW](#)]

**NEWS OPINION:** Researchers warn of uneven housing supply across Australia. Housing supply varied across states and territories and also in mainland capital cities. [[27 August, Probono Australia](#)]

### COVID-19 CRISIS ACCOMMODATION REGISTER

To [support people in the community who urgently need housing during COVID-19](#), DV NSW, Homelessness NSW and Yfoundations are working to connect homelessness and support services.

### RENTERS' GUIDE TO COVID-19

This guide has been developed to provide legal information about situations that may arise as a result of the COVID-19 pandemic. >> [LEARN MORE](#)

### SECURE HOUSING PLAN FOR NSW ROUGH SLEEPERS

Rough sleepers in NSW [could soon be moved out of temporary accommodation and into secure housing](#) as part of the Berejiklian government's plan to get people off the streets.

**NEWS:** Moving back to the country good for business — if you're in the right one. [[1 July, ABC News](#)]

**WATCH:** Could coronavirus have a silver lining for regional housing markets as people flee to the country? [[26 August, ABC News](#)]

**NEWS OPINION:** COVID-19 hits the poor and vulnerable hardest. Wherever it goes, COVID-19 shines a light on injustice and inequality embedded in each society and community it touches. [[27 August, The Grattan Institute](#)]

## SURVEYS & RESEARCH

**SURVEY:** COVID-19 Renter Survey seeks your experiences with rental negotiations in the COVID-19 emergency beginning around March 2020. [[UNSW Sydney](#)]

**REPORT:** The National Aged Care Confidence Survey 2020 conducted by Fifth Dimension Consulting says that more than half of Australians say their level of confidence in the aged care system has fallen since the start of COVID-19 health pandemic. [[14 August, Australian Ageing Agenda](#)]

**SURVEY:** Have you recently been in the Emergency Department during COVID-19? Seeking consumers/patients' experiences when they or someone they know, were in the emergency department during COVID-19. [[Australasian College for Emergency Medicine](#)]

**SURVEY:** An international team of researchers from 12 different institutions is investigating beliefs and behaviours in response to COVID-19. [[covid19-survey.org](#)]

**SURVEY:** What are the impacts of social distancing, self-isolation, and quarantine on our health, psychological wellbeing, and relationships? [[Swinburne University of Technology](#)]

**SURVEY:** Monitoring the impact of COVID-19 on Australian gay & bisexual men's ongoing risk of HIV, and sexual and mental health. [[Kirby Institute](#)]

**SURVEY:** How are you living with COVID-19 restrictions in Australia. [[Monash University](#)]

**SURVEY:** The National Women's Health Survey closes on Friday 28 August [[Jean Hailes for Women's Health](#)]

## MASKING UP

**NEW** **GUIDELINES:** General guidance for cloth masks [[NSW Health](#)]

**NEW** **RESOURCE:** How to make a cloth mask. [[NSW Health](#)]

**NEW** **NEWS:** Which face covering works best? Scientists test 14 masks - and find one actually increases risk of infection. [[26 August, Skynews](#)]

**NEW** **OPINION:** In the time of the COVID-19 pandemic, what should you say to someone who refuses to wear a mask? [[24 August, The Conversation](#)]

**NEW** **GUIDELINES:** How to make a cloth mask. This document gives instructions for making a cloth face mask. It also includes advice on how to wear them and wash them. [[Australian Government Department of Health](#)]

**NEW** **OPINION:** How the face mask exemptions have divided opinion – even between disabled people. [[24 August, Disability Horizons](#)]

**NEW** **WATCH:** Which mask works best? To visualise droplets and aerosols, UNSW researchers used LED lighting system & a high-speed camera, filming people coughing and sneezing in different scenarios – using no mask, 2 different types of cloth masks, and a surgical mask. [[UNSW](#)]

**NEW** **GUIDELINES:** Australia's face mask advice: are reusable or washable masks best, and what are the rules? The Australian health department recommends masks where community transmission of COVID-19 is occurring, and physical distancing is difficult. From washable cloth face masks to reusable ones and how to wear them, here's what you need to know. [[26 August, Guardian Australia](#)]

**NEW** **NEWS:** Face masks really do matter. New research suggests that face coverings help reduce the transmission of droplets, though some masks are more protective than others. [[13 August, The Wall Street Journal](#)]

## TOOLS, OPTIONS, GUIDELINES

**NEW** **RESOURCE:** Mask Making. Can you help Meals on Wheels NSW? Meals on Wheels NSW are looking for sewing superstars to help them make masks for their 35,000 volunteers across the State. If you have access to a sewing machine or know somebody who does, please support this initiative and know that your sewing skills are making a difference to their cause. [[CommunityConnective](#)]

**NEW** **NEWS:** What is the science behind wearing a mask? It's not very often that a physics problem becomes a politicized issue, but that's exactly what's happened when it comes to the science of wearing a mask during the current coronavirus pandemic. [[10 July, Forbes](#)]

**NEW** **ADVICE:** Wearing a mask doesn't reduce your oxygen levels, and 6 other mask myths you should stop believing now. [[25 August, Business Insider](#)]

**NEW** **WATCH:** Testing mask effectiveness. Dr. Martin Fischer, Ph.D., from Duke University, developed a simple, low-cost technique to visualize the effectiveness of different face coverings on droplet emissions during normal wear. Testing several face coverings, the researchers found that the particles can be blocked by some, but not all recommended face coverings. [[Duke University](#)]

**NEW** **ADVICE:** Eyes feeling dry while wearing a mask? Here's what you can do about it. Simple measures can help reduce the drying effects of upward airflow from masks. [[20 August, The Conversation](#)]

**NEW** **NEWS:** Non-woven masks better to stop Covid-19, says Japanese supercomputer. [[26 August, Guardian Australia](#)]

**NEW** **ADVICE:** How to make COVID-19 face masks at home easily. These DIY videos will help you easily make masks (and yes, there are no-sew options too). [[7 August, Huffington Post](#)]

## LEGALS

**MIGRATION:** International student questions about visas or other legal questions. [[International Student Legal Service NSW, Redfern Legal Centre](#)]

**GOVERNMENT:** NSW Health COVID-19 Public Health Orders & Restrictions gathered in a webpage where you can download the latest documents, including easy-read. [[NSW Health](#)]

**ADVICE:** Free legal advice service for people in NSW with COVID-19 fines. [[Redfern Legal Centre](#)]

**FACTSHEET:** Public health orders – what do I need to know? This factsheet is part of a series from Legal Aid NSW that aims to help answer your questions about COVID-19 and everyday law. [[Legal Aid NSW](#)]

**ONLINE LEGAL SUPPORT:** Find out if you are eligible to use this service to get answers about specific legal questions. [[Justice Connect](#)]

**RESOURCE:** Redfern Legal Centre's police accountability practice has produced a number of resources about changes to COVID-19 public health orders in NSW, and information on payment and review options for people who have received penalty notices and court fines. [[6 August, Redfern Legal Centre](#)]

### POSITIVE LIFE NSW AGEING SUPPORT

Eligible people living with HIV over 45 years, may be entitled to make your life more comfortable. Email [contact@positivelife.org.au](mailto:contact@positivelife.org.au) or call (02) 9206-2177 or 1800 245 677 (freecall outside metro).



Supporting you through aged care, disability and health services



## SOCIAL SUPPORT

**SUPPORT:** A range of helplines and supports collected especially for people living with HIV during the COVID-19 crisis. [[Who you gonna call?, Positive Life NSW](#)]

**SUPPORT: BEING Supported** is open and here for you on **1800 151 151 from Monday to Friday, 10am - 4pm AEST.**

**SUPPORT:** If you're feeling anxious or stressed, you're not alone. There are services that can support you through these difficult times. [[NSW Government](#)]

**HEALTH ADVICE:** The Australian Government releases a new temporary COVID-19 telehealth item in place until at least 30 September. [[12 August, Royal Australian College of GPs](#)]

**NEWS OPINION:** Campaigners believe using psychedelic medicines – including magic mushrooms and MDMA – to treat mental illnesses could be life changing. [[24 August, Probono Australia](#)]

**SUPPORT:** Free mental health coaching program for anyone 18+ living or working in the South West Sydney region who feels stressed, anxious or overwhelmed. The program is available via phone or face-to-face. [[Newaccess](#)]

**NEWS SUPPORT:** The National Mental Health Commission has launched #GettingThroughThisTogether to acknowledge the stressors and difficulties of COVID-19 and provide simple and practical tips to support Australians' mental wellbeing. [[National Mental Health Commission](#)]

**NEWS FREE WEBINAR:** Connection and support are important for the wellbeing of seniors during the COVID-19 pandemic. Mr Kevin McCoy, CEO AusUnity presents a 30-minute talk on "Seniors' Mental Health" followed by 15 min of Q & A. [[Thu 3 September, 2pm to 3pm AEST](#)]

## CULTURE/ ART/ BOOKS

**NEW PERFORMANCE:** Ziggy Ramo's Black Thoughts (Live). In an exclusively commissioned performance featuring a 10-piece band and specially-made visuals, Ziggy Ramo Burmuruk Fatnowna presents his debut album Black Thoughts like never before as part of the Sydney Opera House's From Our House to Yours weekly program – a live-streamed hip-hop reckoning through love, compassion, dispossession and systemic racism envisioned for listeners from all walks of life. [[Sat 29 August, 9pm AEST](#)]

**NEW OPERA AUSTRALIA:** Staging an Opera. Ever wondered just how much work goes into an opera production? How does it all begin? Who does it involve? Go backstage and back in time to see how a production of 'The Pearlfishers' takes shape at Opera Australia. [[On Demand, Sydney Opera House](#)]

**NEW PERFORMANCE:** John Bell AO, who founded Bell Shakespeare based on his belief that all Australians should have access to the works of Shakespeare in performance, shares his reflections on the timeless and poetic language of Shakespeare's plays and his lifetime spent performing and directing them. [[On Demand, Sydney Opera House](#)]

**NEW CONVERSATION:** For too long Australia's First Nations communities have suffered from systemic racism, present across many societal sectors. Perpetuated in the form of subtle bias and outdated power structures; First Nations peoples attempts at self-determination have been blighted. So how do we encourage workplaces and institutions to embrace diversity and create change from within? [[Sun 30 August, 4pm AEST](#)]

**NEW PERFORMANCE:** BalletBoyz are a critically acclaimed contemporary dance company based in London celebrating their 20th anniversary with a brand-new show from the cutting edge of modern ballet. [[On demand, Sydney Opera House](#)]

## COMMUNITY SUPPORT

**SEX WORKERS:** Guidelines, harm reduction tips and strategies by & for sex workers. [[Red Book, Scarlett Alliance](#)]

**SEX WORKERS:** COVID-19 news, updates & resources for sex workers in NSW. [[COVID-19 Impact and Response for Sex Workers, SWOP NSW](#)]

**NEW ADVICE:** What you can and cannot do in Sydney. As restrictions change in the coming weeks and months, we'll keep you up to date with the latest developments. [[4 August, Timeout](#)]

**NEW SUPPORT:** One-to-one fifteen minute education or guidance session around the nbn, process of getting the nbn™ network installed, tips for optimising the nbn™ experience in your home and more. to book in a 15-minute session simply send an email to [nbnsessions@nbn.com.au](mailto:nbnsessions@nbn.com.au) with your first name, preferred business day/time and a quick summary of how we can help.

**NEW ONLINE TOOL:** Anti-Discrimination NSW COVID-19 social media toolkit offers social media posts to ensure people understand their rights and how to make a complaint if they experience discrimination. [[Anti-Discrimination NSW](#)]

### POSITIVE LIFE NSW TREATMENTS SUPPORT

Have questions about HIV & coronavirus, living with HIV, disclosure or need support working out how to get medications in NSW? Call our Treatments Officer for support Mon-Thurs (02) 9206-2177, 1800 245 677 (freecall outside metro) or email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

Want to talk about your HIV and health?

Contact a Positive Life Treatments Officer  
02 9206 2177 or 1800 245 677 (freecall)

PositiveLifeNSW  
the voice of people with HIV since 1988

## FOOD FOR THOUGHT @ COVID19

**NEWS:** Only one in three commuters is wearing a mask. Experts want it mandatory.

[[28 August, SMH](#)]

**OPINION:** Exposure to common colds might give some people a head start in fighting COVID-19. Some new studies found people who were never symptomatic, exposed to, or tested positive for COVID-19 have immune cells that can recognise and possibly kill virus-infected cells. [[20 August, The Conversation](#)]

**WATCH:** Mandatory mask push for Sydney public transport. There's a new push for masks to be mandatory on public transport in Sydney after an infected passenger repeatedly travelled by train.

[[28 August, 9News](#)]

**OPINION:** Big virus mistake NSW is making. NSW has recorded just one case of COVID-19. Yet look around and people are making an "idiotic" mistake that could see cases surge.

[[22 August, News.com.au](#)]

**NEWS:** Nine COVID-19 myths that just won't go away. From a human-made virus to vaccine conspiracy theories, we rounded up the most persistent false claims about the pandemic.

[[18 August, Scientific American](#)]

**OPINION:** A man in Hong Kong caught COVID-19 a second time. Here's why that's not surprising (and there's no need to panic) [[26 August, The Conversation](#)]

**ADVICE:** Research shows coronavirus thrives in dry air (and August is coastal Australia's least humid month). [[18 August, The Conversation](#)]

**OPINION:** Five life lessons from your immune system. As an immunologist, it strikes me that many of our recurring analogies for a healthy, functioning immune system promote excellent behaviour traits. In this regard, we should all aim to be a little more like the cells of our immune system and emulate these characteristics in our lives and workplaces.

[[7 January, The Conversation](#)]

## ONLINE SOCIAL ACTIVITIES

**ONLINE FILM CLUB:** Join the Wentworth Point Community Centre & Library Film Club every fortnight on Zoom to talk about a film selected from Beamafilm with your City of Parramatta Libraries membership card. [[Thurs \(fortnightly\), 30 July-24 Sept, 6.30pm-7.15pm AEST](#)]

**ONLINE FESTIVAL:** Melbourne Writers Festival has gone online for its 2020 instalment, and most events are "pay what you can". [[Melbourne Writers' Festival](#)]

**FREE WEBINAR GROUP:** Ideas Anonymous is a "self-help" group for people with ideas. We get together to talk about our ideas, bounce them around, give and get feedback and work out plans to implement them. [[Weds 2 Sept, 6pm to 8pm AEST](#)]

**EVALUATION:** Please feedback about this newsletter for PLHIV in NSW. Open until **5pm Monday 7 September 2020**.  
[www.surveymonkey.com/r/COVID19-newsletter](http://www.surveymonkey.com/r/COVID19-newsletter)



**ART:** Entries are now open for Art from Trash 2020, which is an exhibition organised by The Bower Reuse and Repair Centre that encourages the reuse of discarded materials in the production of amazing visual art.

[[The Bower Reuse and Repair Centre](#)]

## TRAINING/ EMPLOYMENT

**FREE WEBINAR:** Online smart phones and tablets with IT specialist Leo. [[Mon, 3 Aug to 28 Sept, 10 to 12noon AEST](#)]

**WEBINAR:** Adobe Photoshop online classes. Adult \$20/Conc \$10. [[Weds 16 Sept 10am to 3pm; Tues 29 Sept 10am to 3pm](#)]

**FREE WEBINAR:** Online life internet skills classes with IT specialist Leo. [[Tues 28 July to 29 Sept, 10am to 12pm AEST](#)]

**NEW OPINION:** Are you or your teammates burned out? Here's how to tell, and what to do about it. [[26 August, NFP People](#)]

**NEW OPINION:** Working from home 101: the essential tips, tricks and life hacks. If you're wondering WTF is WFH, we've got all the answers you seek. [[19 March, Timeout](#)]

**NEW FREE WEBINAR:** The Power of Podcasting. Maybe you're not a 'techie' person and feel overwhelmed by the process – then 'The Power of Podcasting' webinar is for you! This 2-hour fun and interactive session will be presented by Leanne Shelton, host of the 'Marketing and Me' podcast and founder of Write Time Marketing. [[Thurs 3 Sept, Noon to 2pm AEST](#)]

**NEW POSITION:** Project Officer Hepatitis B, full-time (37.5 hours per week) on a 12-month fixed term contract OR Project Officer Sexual Health, full-time (37.5 hours per week) on a 12 month fixed term contract. [[ASHM, Sun 20 September](#)]

**NEW OPINION:** Creating a new deal for young Australians. Researchers say young people are struggling to make the transition from education to employment. [[25 August, Probono Australia](#)]

**NEW FREE WEBINAR:** Is COVID-19 hurting your job or career opportunities? [[On demand, QUT](#)]

**NEW POSITION:** Monitoring & Evaluation Officer, part-time (30 hours per week) on a 12-month fixed term contract. [[ASHM, Sun 13 September](#)]

## FINANCIALS

**GOVERNMENT:** Your refund rights for cancellations during the COVID-19 pandemic. [[ACCC](#)]

**GOVERNMENT:** An online tool to see what payments and services you may be eligible for. [[Centrelink, Services Australia](#)]

**NEW ALERTS:** Do you know the current scams that use COVID-19 to take advantage of people? [[Scamwatch Australia](#)]

**NEW OPINION:** New research shows huge economic costs of excluding people from support during pandemic. Excluding refugees and people seeking asylum from financial support could cost taxpayers hundreds of millions of dollars and exacerbate the nation's health and homelessness crises. [[30 July, Refugee Council](#)]

**WATCH:** With recent changes to JobKeeper and JobSeeker, political editor Mark Riley and network finance editor Gemma Acton break down the support and subsidies available and the effect on Australia's economy. [[8 August, 7News Australia](#)]

**NEW ADVICE:** Making the right financial moves during the COVID-19 coronavirus outbreak. Along with government payments, there are a lot of free resources out there. [[CHOICE](#)]

**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.

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





## SECTOR SUPPORT

**HEALTH ADVICE:** A collection of resources for health professionals, including aged care providers, pathology providers and health care managers, about COVID-19. [[Australian Department of Health](#)]

**SUPPORT:** COVID-19 recovery and mental health at work. [[Safework NSW](#)]

**RACISM:** The 'Let's Talk Race' guide is designed to assist organisations to conduct meaningful and productive conversations about racism. [[Australian Human Rights Commission](#)]

**GUIDES:** COVID-19 guide to key Government opportunities for not-for-profits and charities. [[Social Ventures Australia](#)]

**ONLINE RESOURCE:** Embrace Multicultural Mental Health is a free, nationally available framework which supports organisations and individual practitioners to evaluate and enhance their cultural responsiveness. [[Mental Health Australia](#)]

**NEW ONLINE:** Yes, you should still take time off work during COVID-19—Here's how to make the most of it. [[The Muse](#)]

**NEW ONLINE RESOURCE:** Deep Collaboration is created by First Nations and other multicultural Australians, sharing their ideas, experiences and expertise with one goal in mind. That goal is to find a new way to work and lead together. This website describes a way of working that follows the values and steps needed to create this shared leadership. [[Deep Collaboration](#)]

**NEW ONLINE TOOL:** COVID-19 Restriction Checker. Find out what you can and can't do in your state or territory. [[Healthdirect](#)]

**NEW MEDIA RELEASE:** Funding boost to help domestic violence victims as pandemic continues. [[Communities & Justice](#)]

## SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



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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