

STAY HEALTHY THIS WINTER

A GUIDE FOR PACIFIC WORKERS IN AUSTRALIA

If you are a Pacific Labour Scheme or Seasonal Worker Programme worker who is a long way from home right now, you might be living in a place that is a lot colder than you are used to. Here are some tips to help you stay warm during the cooler months in Australia.



GENERAL WINTER WELLNESS TIPS

Wash your hands regularly, cover your sneezes and try not to touch your face. Practice social distancing to reduce the chance of spreading coronavirus.



Ask your employer or a local chemist about getting a vaccination or 'flu shot' to protect you against other flu viruses.



Eat lots of fruit and vegetables to give your body the vitamins it needs to stay healthy.



Stay active and get plenty of exercise. Go for a daily walk or check out some free exercise videos on YouTube.



If you have a cold or flu, you need to rest and drink lots of water, tea and warm soups. Stay away from others as much as you can.



Wear singlets, t-shirts and thermal underwear under your clothes. Wearing lots of thin layers traps heat better than one thick coat or jumper. You can buy cheap thermal underwear at Best & Less, Kmart, Big W and Target.



Wear gloves, scarves, hats or beanies and a few pairs of socks at a time. We often feel the cold through our feet, hands, ears and the back of the neck.



Shop at second-hand shops like St Vinnies or the Salvation Army, or look online on Facebook Marketplace and Gumtree for cheap clothes and blankets.



Wear clothes made of natural fibres like cotton or wool, not nylon and polyester.

SAFETY AT HOME DURING WINTER



- Don't leave your heater on all day and night—only when you are awake and at home in your living area.
- Make sure your heaters are working properly, and check whether you can get a cheaper price for your heating bills: <https://www.energymadeeasy.gov.au/>.
- If you have a fireplace, use dry, unpainted wood. Keep a window slightly open when the fire is burning, keep the chimney and fireplace clean, keep furniture, paper and curtains away from the fire, and always put the fire out when you leave the room or go to bed.
- **ALWAYS TURN OFF THE HEATER AND PUT THE FIRE OUT IN YOUR FIREPLACE WHEN YOU LEAVE THE HOUSE.**
- If you are using a candle, you should keep it away from curtains or materials that can catch fire, and blow it out before you leave the room or go to bed.
- Keep the doors closed to any rooms you are not using.
- Buy drought stoppers or door 'snakes' to stop cold air blowing through the cracks underneath doors. You can get cheap ones at Bunnings and department stores.
- Open curtains and blinds when the sun is shining to let warmth in and close them when the sun goes down to stop heat escaping through the glass.
- Use hot water bottles and microwave heat packs when you are watching TV or sleeping.
- Kmart has a good selection of cheap blankets if you need more for when you are sleeping.
- Always wear socks and jumpers in the house to stay warm. Some people can get sick from using the heater too much.
- Drink plenty of hot drinks and at least one hot meal a day at home.
- Make hearty meals to share with your housemates, like big soups and stews with lots of vegetables. This will keep you healthy and help you save money.
- You can buy a slow cooker from Kmart to cook all your hot meals. Slow cookers are easy to use and not too expensive.

STAYING HEALTHY AT WORK



- If you work in a cold area in your workplace, ask your employer to help you find a good-quality jacket that is not too expensive. Wear extra layers of clothing underneath your uniform to stay warm.



- Take a thermos full of hot tea or soup to work and drink it throughout the day. You can buy a cheap one at Kmart.
- If you become unwell and think you may have coronavirus symptoms, tell your boss straight away and call the **coronavirus information line: 1800 020 080**.



- If you visit a local doctor, call first to book an appointment and explain your symptoms, travel history and any recent close contact with someone who has been diagnosed with coronavirus.



- If you need a coronavirus test, let your supervisor know straight away. Stay at home and do not go anywhere until you get your test results back. Tell any other people you have been in contact with to do the same thing.



- If you must leave home to see a doctor, wear a surgical mask (if you have one) to protect others. Ask the doctor for a medical certificate and give it to your boss when you have been cleared to go to work.

- If you have been diagnosed with coronavirus, isolate yourself by staying at home. For more information on coronavirus and self-isolation, visit: <https://www.pacificlabourmobility.com.au/coronavirus>.