



Coronavirus is affecting everyone.

But it doesn't mean you can't do many of the things you love – they might just look a little different.



You may have used to go to the gym to work out...



...you can still do exercise safely in your home or go for a walk

It's okay if you are feeling anxious...



...some youth services are still open and you can always get support online

Hanging out with friends is always fun...



...try a group video chat online

Have you lost your job or not working as much...



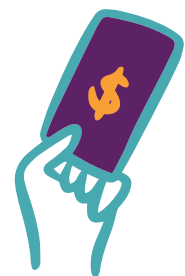
...you may be able to get support from the Government

If more than one other person lives at home...



...you can leave the house together to go for a walk

There will be lots of police making sure everyone is safe...



...only go outside if you really need to

Stay physically distant but socially connected

for the latest medical advice, go to health.nsw.gov.au



youthaction.org.au



yfoundations.org.au