



## **MEDIA RELEASE**

### **COVID-19 STAY AT HOME WHENEVER POSSIBLE**

To keep the Norfolk Island community COVID-19 free, please stay at home unless you:

- are shopping for what you need - food and necessary supplies
- have medical or healthcare needs, including compassionate requirements
- are exercising in compliance with the public-gathering requirements
- are going to work or you are studying and you can't do so remotely.

Coronavirus can be a serious illness for older community members, such as those over 70 years of age, and for those with existing health conditions or comorbidities. Therefore, the National Cabinet's strong advice is for self-isolation at home to the maximum extent practicable for the following community members:

- anyone over 70 years of age
- anyone over 60 years of age who has existing health conditions or comorbidities
- Aboriginal Australians over the age of 50 who have existing health conditions or comorbidities.

If you fall into one of these groups and have to travel outside your home, please limit contact with others as much as possible.

Please call the Office of the Administrator on 22152 or [office.administrator@infrastructure.gov.au](mailto:office.administrator@infrastructure.gov.au) for further information.

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