

Multicultural Community Outreach Program 2 (MCOP -2)



Australian
Multicultural
Community
Services

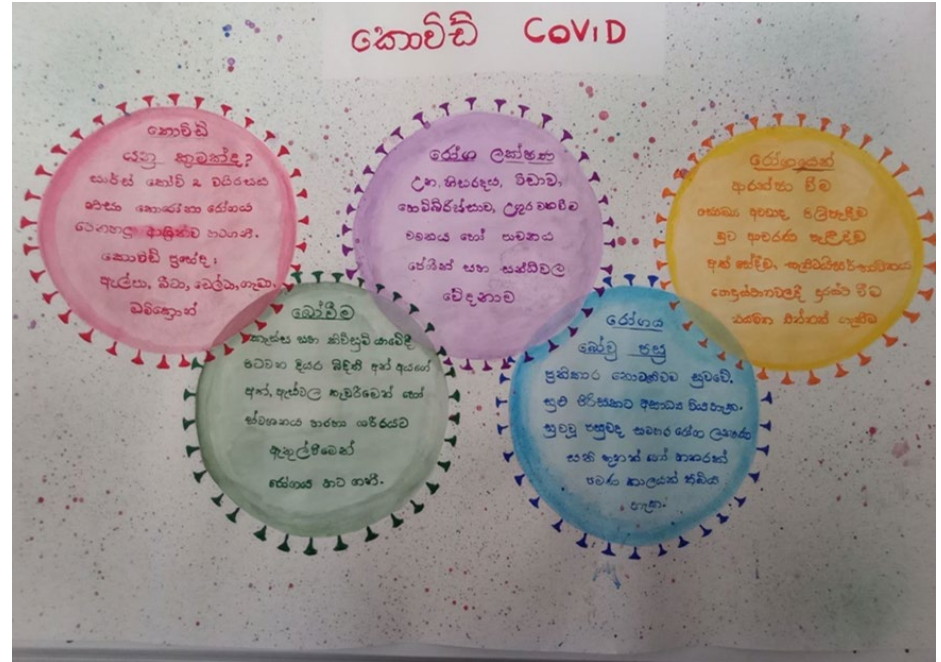
“This project is funded by the state government of Victoria “

Sri Lanka Community Services Association

The coronavirus disease is caused by the SARS 2 virus. Symptoms include fever, headache, chills, sore throat, fatigue, vomiting or diarrhoea, joint and muscle pain. Adherence to health precautions, wearing face coverings, hand washing and use of sanitizers, social distancing in public places, getting proper vaccinations which help to control the disease. Mode of transmission of the disease is caused by contact with the hands and eyes of droplets from sneezing and coughing or by inhaling them.

Created By :

Hemamala Vithanarachchi

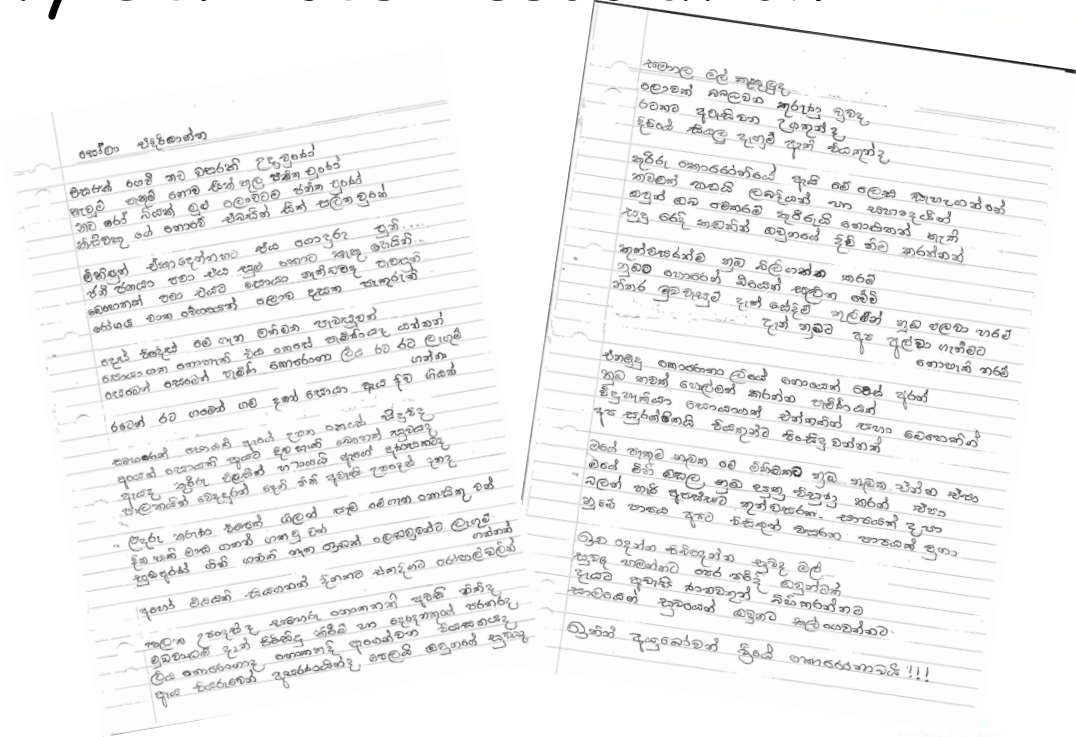


Sri Lanka Community Services Association

We never had an experience such as COVID pandemic. Though the disease was a new experience to the world and spread rapidly the people reacted to it very well. At the sametime though the deaths were reported people were not interested in following the safety measures. However, we are safe because of the medical experts. I wish we should not ever expect such a bad disease.

Created By :

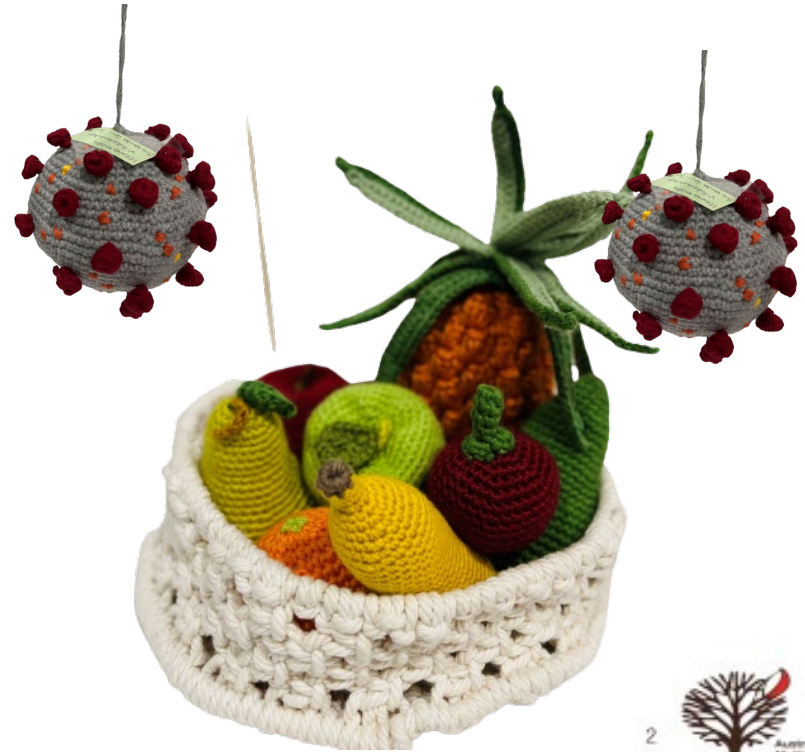
Soma Edirimanna



Sri Lanka Community Services Association

COVID has put the almost everyone on this planet in a very difficult position.

To encourage people to stay at home, Hemamala has made a free crochet pattern of a corona virus. Stay at home to stay safe, sit out quarantine and while doing so: don't get bored and make a crochet plushie. Please do not go outside if you don't have to, that's the only way we can stop the spreading of this virus.



Creator- Hemamala Vithanarachchi

Sri Lanka Community Services Association

Arts and crafts have seen a surge in popularity this year as the pandemic has forced many to spend more time at home.

For some, the hands-on activities are a way to pass the time in isolation or a form of self-care to practice mindfulness. Others have used their creative talents to sew masks and make personal protective equipment for workers on the frontlines or spread messages of goodwill and hope in their communities.

Ramya has created this craft to inform visitors that one of the households tested positive and unable to attend to meet them. Visitors can leave the goods without contacting the COVID positive people. This is a very creative approach of expressing a message.

Creator- Ramya Gamage



Sri Lanka Community Services Association

This poster discusses some of the safety measures during COVID. Use an alcohol-based hand sanitiser if soap and water aren't available (and if hands are not visibly dirty). Avoid touching the eyes, nose and mouth with unwashed hands. Keep 1.5 metres away from others wherever possible. Wear a mask can help protect you and those around you.



Creator- Mihiri Abeyratna

Sri Lanka Community Services Association

Corona- You are everywhere

You have restricted us for three years

You have restricted our engagement, fun and work

We all had to wear masks

We all had to sanitise our hands

School was limited to a room

Office was limited to a room

Every meeting had via Zoom

Corona;

You have punished us.

You have changed our life

It's enough and we don't want you anymore, Corona.

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එන් අභයරත්න.
Mihiri Abhayaratne

Creator- Mihiri Abeyratna



Sri Lanka Community Services Association

It's important to get rid of Corona which is a curse for the whole world.

We need to follow the health guidelines as it's a pandemic.

Sanitisation is to prevent getting sick from Corona.

Always try to maintain the social distance.

Vaccination is a precautionary method to protect from Corona.

Coronavirus can not enter your body when you are wearing a mask.

If you are infected, please be at home.



Created By : Yasawathie Silva



This song was created by St. Mary multicultural social club

My neighbour *Hanon*, she refused to hug me and kiss me because she was afraid to COVID. I explained to her that washing my hands regularly and wearing a mask and having my vaccinations as prevention methods.

But *Hanon* still refused to hug me.

Oh, my darling *Hanon*...

Participants

Attiat Abdou, Angel Akladious, Ellen Akladious, Yvonne Akladious, Adel Saleh, Naguibe Shamroukh, Bersese Attalla, Amal, Ekhlas, Montaha, Gena, Karim, Linda Antoun, Nader Antoun, Reneeh, Makram, Aida Essa, Nawal Makary, Elia Malek, Magda Malek.



This drama was created by a Tamil group live in Melbourne

If you love someone, always remind them to follow precautionary methods to protect from COVID. Because we forget the protective measures easily.

Therefore, reminding them to follow the safety measures is a real caring for your loved ones.



Participants- Kiruba Shnmugarajah, Udani Senanayake

Creator- Prasad Wijayabandu

Vietnamese Community Australia - Victoria

Why we need to practice COVID Safe behaviours during the pandemic.

Because we can go to work, enjoy the music, meet friends or make new friends, and be able to go shopping. Therefore, it's essential for us to follow COVID Safe protocols.

Creator- Sabrina Tran

Participants

Donald Tran, Jessica Tran, Kara Evangelista, Kate Taylor, Long Nguyen, Prashanti Middling, Ruth Joseph, Shaun Pham



St Mary's Multicultural Group

This poster encourages people to wear a mask, keep social distance, using a hand sanitizer, washing hands with soap and water, covering with your elbow while sneezing, and stay at home if you are unwell. These precautionary health measures keep you safe from COVID.

Creator- Yvonne Akladios



خطر الإصابة COVID-19



Wear a mask over your nose and mouth
ارتداء القناع على الانف والعم



Keep a safe distance from others
الحفاظ على 1.5 متر مسافة من الآخرين



Use a hand sanitiser
استخدام الكحول الطبي



Wash hands with soap and water
عسل اليدين بالماء والصابون



Cover your cough and sneeze
تغطية العطس والسعال



Stay home if you are unwell
البقاء بالمنزل في حالة الشعور بالتعب

احم نفسك والآخرين من الإصابة بفيروس كورونا protect yourself and others from covid-19

"This content was created with the support from Australian Multicultural Community Services (AMCS) under the funding from the Victorian State Government".

"تم إنشاء هذا المحتوى بدعم من خدمات المجتمع الأسترالية متعددة اللغات بتمويل من حكومة ولاية فيكتوريا".

Al-Emaan Women Organization

Get vaccinated, if it doesn't stop you from getting Covid-19 the symptoms will minimise the impact, no need for hospitalisation. Washing hands frequently, keeping your house ventilated and wearing a mask if you are in crowded areas will keep you safe from COVID.

If you have any symptoms of cold/ flu/ sore throat, apologise and don't go to household gatherings. However, you can attend gatherings but do not hug and kiss people.

Wearing a mask is not compulsory, but it is still advised to wear a mask in public transport, shopping centres, community events/gatherings.

COVID symptoms may continue for a while even after recovery.

Participants

Hayat Doughan, Nibal Mobark, Lamia Succar, Samira khalea, Magda Mitwally, Nahed Basheer, Layla Al-Dabea



Victorian Afghan Associations Network

I am COVID-19 and am dangerous!

I think COVID virus has weakened.

Not necessary to be cautious

No!

To prevent the spread of COVID-19 these measurements need to be taken.

Do not worry, the result was negative, but we have to be extra cautious not contracting the COVID-virus.

I was very careless; I may have contracted COVID.

Has not the COVID virus ended yet?

Follow public health precautions, eat healthy food, and do some sport/exercises.

Creator- Farhad Zahidi



Tamil Cultural Club

Photo Book



Participants :

Ramaseshan/Maila/Maheswary/
Sundar/Vasu/Jayasree/Hari/Shanthi/Ramki/
Revati/Dorai

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Maltese Seniors' Club

Stay safe from COVID you need to get vaccinated, always maintain social distance inside shops, if you feel sick stay at home, always wear a mask in shops and events, wash your hands regularly for 20 seconds, wear a mask on Public Transport, and cough into your elbows.

Creator ; Amanda Neville

Stay safe from COVID



Vaccinations
will make you
safe



Always maintain
social distance
inside shops



If you feel
sick stay
at home



Always wear a
mask in shops
and events



Wash your hands
regularly for
20 seconds



Wear a mask on
Public Transport



Cough into
your elbows



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under the funding from the Victorian State Government



Sri Lanka Community Services Association

We take the lead as children to control spreading the coronavirus. It's a curse for the whole world. Therefore, we need to take a step following safety measures.

Participants

Ajantha Weerakkody, Chandralatha Dissanayaka, Champika Rajapaksa, Daisy Silva, Hemamala Vithanarachchi, Kamani Yasagampitiya, Mihiri Abeyratna, Ramya Gamage, Suneetha Bandara

Lyrics

Daisy Silva

Singers

Ramya Gamage, Mihiri Abeyratna



Sri Lanka Community Services Association

Corona please don't come.

I live in Melbourne, which is a beautiful city. But Corona has made it to a fearful situation.

Therefore, Corona, please don't come. I want to live healthy.

Singer- Sunil Yasagampitiya

Lyrics- Daisy Silva



The Palestinian Senior Club of Victoria

Even, the pandemic is over we have to keep an alert, as another COVID virus may be in the way anytime. The positive fact during the COVID was no need to panic. Be strong and face any situation in a quiet and sensible manner. Meantime, it has highlighted in this discussion that receiving the COVID related information and instructions was important. Participants believe that the Australian government should give more attention to enforce the health system.



Participants

Dawood Sammour, Mahmoud Chamma, Siham Al soury

Sri Lanka Community Services Association

Some do not get vaccinated due to myths. Getting vaccinated protects you, your family, elders and community from getting really sick with COVID-19, or even dying. To be considered up to date with COVID-19 vaccination, you must have completed all the doses recommended for your age and health status. All vaccines approved for use in Australia are very effective at stopping people from becoming very sick if they catch COVID-19.



Participants

Chandralatha Dissanayaka, Hemamala Vithanarachchi, Sunil
Yasagampitiya



Hindu Society of Victoria

Vaccination is very vital for anyone as it reduces the impact of COVID. Always listen to doctors and follow their advice. No need to panic. If you are going to a crowded place, wear a mask. It can protect yourself as well as others. Meantime if you are completely recovered from COVID stay at home as it could spread fast. Apart from that, we need to do regular exercise and having a healthy diet is essential.

Participants

Bala Balachandran, Maila Balachandran, Vasu Srinivasan, Jayshree Srinivasan, Hari Subramanian, Shanthy Hari, Malini Ram, Revati Dorai, Dorai Subramanian





Created By : Angela Anna Joseph



Created By : Dabgraphixs Art



Created By : Liz Phung



Created By : Hannah Matthew

Thank you!



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