

# COVID-19

# RURAL AND REMOTE RESPONSE

## Media release

Wednesday 13 May 2020

### **Be super careful, not a super spreader: take small steps to keep rural Australia COVID safe**

With more state governments talking about opening up travel within and between borders, travellers to rural communities are being urged to be super careful in not becoming super spreaders of coronavirus.

The Australian College of Rural and Remote Medicine (ACRRM) and Rural Doctors Association of Australia (RDAA) said today that while many Australians will want to resume travel to rural towns, taking small steps will be the key to keeping coronavirus contained.

“Do not underestimate the impact you can make individually in keeping COVID-19 under control, and avoiding a second wave of the virus” **Dr Adam Coltzau, Clinical Lead for ACRRM and RDAA’s COVID-19 Rural and Remote Response, said.**

“While we understand you might want to travel to a rural town to visit family, check on a property or have a weekend away, try to make those visits only to one or two locations – and not make it a big week of visiting multiple families in ten different towns.

“And it goes without saying that, if you or your family are feeling unwell with flu-like symptoms or running a fever, please stay at home and get tested for COVID-19.

“For those who decide to travel to our rural communities, please do as much as you can to help keep a lid on coronavirus.

“This includes doing things like:

- checking first whether your state is allowing wider travel, and what restrictions are in place
- as a top priority, downloading and using the COVIDSafe app
- carrying hand sanitiser with you and using it frequently – and also doing lots of hand washing
- maintaining social distancing, and taking extra hygiene precautions in shared spaces like caravan park bathrooms and public rest areas

“All of us who live in rural and remote Australia greatly look forward to welcoming visitors, friends and family members back to our communities in the months ahead.

“We also have many small business owners and employees who will benefit greatly from your custom once things are back to a ‘new normal’.

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“But we ask you, for the moment, to continue to make your first priority minimising the spread of COVID-19. In this way, you will be helping to keep our families, and your families, safe.

“COVID-19 is still in our communities - we are not in the clear yet.”

Find more information on how to protect yourself, your family and community from COVID-19 at [www.health.gov.au](http://www.health.gov.au).

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**A high resolution photo of Dr Adam Coltzau is available here:**

<https://www.rdaa.com.au/documents/item/712>

**A high resolution photo of ACRRM President, Dr Ewen McPhee, is available here:**

<https://www.rdaa.com.au/documents/item/968>

**A high resolution photo of RDAA President, Dr John Hall, is available here:**

<https://www.rdaa.com.au/documents/item/687>

**Available for interview:**

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