



# IMPORTANT INFORMATION

## FOR BUDDHIST TEMPLES, ORGANISATIONS & COMMUNITIES



This guide is to help you stay safe and support your community through these difficult times.

### NEED HELP?

Contact the Buddhist Council  
E: [office@buddhistcouncil.org](mailto:office@buddhistcouncil.org)  
Ph: 9966 8893

### 1. PROTECT YOURSELF AND OTHERS BY FOLLOWING THESE RULES

- Wash your hands regularly (soap or sanitizer)
- Stay home if you are sick
- Keep your distance: practice social (compassionate) distancing, self isolation if showing symptoms
- Limit face to face meetings



### FOR UP TO DATE INFORMATION

Use official sources and sources known to be reliable:

- **Coronavirus Australia app for Android** and IOS (from the government)
- **Coronavirus Help Information Line** (1800 020 080).
- the web sites listed here. Click on the hyperlink or use the full web links in the table at the end of this guide.



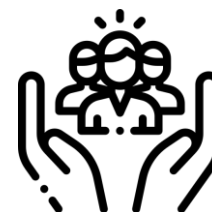
Coronavirus  
Australia

Latest rules and restrictions	<a href="#">Australian government</a> <a href="#">NSW government</a>
Information in English and community languages about the virus and how to protect yourselves	<a href="#">NSW Health (English language)</a> <a href="#">NSW Health translated resources</a> <a href="#">Federal Dept. of Health resources (English)</a> <a href="#">Federal Dept. of Health translated resources</a> <a href="#">Resources from SBS</a>
Producing and providing food/dana to monastics	<a href="#">Vic Health advice on food safety</a> <a href="#">NSW Health advice on food safety</a>
Cleaning public areas	<a href="#">NZ advice on cleaning</a>

## SUPPORT FOR THE COMMUNITY

Lay people and sangha in your community may need your support, especially if they:

- Don't understand what is happening
  - **can you pass on information?**
- Can't come to temple/sangha
  - **can you live stream a service? Offer a help line?**
- Have relatives in aged care
  - **see [Dept of Health aged care resources](#)**
- Cannot get food because they have to self-isolate
  - **can your temple help?**
- May be losing their job, or having to close a business
  - **See Treasury advice [for households](#) or [for businesses](#)**
- Are facing bereavement.
  - **[Karuna](#) has materials that may be helpful**
- Are at risk of domestic or family violence
  - **See [1800 Respect](#) for counselling (multilingual)**



## LIVESTREAMING

- **[Facebook Live](#)** (ideal for reaching out to people with FB accounts e.g. longer Dharma talks and chanting). See **[facebook Live](#)** or **[Techsoup](#)** for support.
- **[YouTube Live](#)** (ideal for reaching out to a large number of people; will need at least 1,000 subscribers to stream to mobile devices)
- **[Zoom](#)** (ideal for meetings and interactive events) – has training videos



## SPIRITUAL SUPPORT

Now that temples are closed, options include:

- Livestreaming services to your community.
- Online/phone contact with monastics, teachers, leaders in your local temple/sangha.
- The **[Vajrayana Institute](#)** is streaming regular teachings / meditation sessions. Online meditation 3 times a day with Bhante Sujato & Akaliko at **[Lokanta](#)**.
- The **[Metta Centre](#)** has online meditation and sharing on Sunday mornings. Also **[Ask a Buddhist](#)**, where a panel of Buddhist monastics/lay practitioners can answer questions about Buddhism, your practice or just chat.
- Online resources include **[Buddhist Library videos](#)**; **[Tricycle](#)**; **[Dharmaseed](#)**; **[Dhammanet](#)**; **[The Lions Roar](#)**.



## EMOTIONAL AND MENTAL HEALTH

Look out for each other, and use outside resources if you need them.

1. Your GP can provide front line mental health care and refer to other services.
2. Lifeline offers telephone counselling 24 hours a day. **Call 13 11 14.**
3. Go to the [Commonwealth](#) and [NSW health](#) websites for information about other mental health services.



These are the full links for the web sites given above.

<a href="#">Australian government</a>	<a href="https://www.australia.gov.au/">https://www.australia.gov.au/</a>
<a href="#">NSW government</a>	<a href="https://preview.nsw.gov.au/covid-19">https://preview.nsw.gov.au/covid-19</a>
<a href="#">NSW Health (English language)</a>	<a href="https://preview.nsw.gov.au/covid-19">https://preview.nsw.gov.au/covid-19</a>
<a href="#">NSW Health translated resources</a>	<a href="https://www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx">https://www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx</a>
<a href="#">Federal Dept. of Health resources (English)</a>	<a href="https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources">https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources</a>
<a href="#">Federal Dept. of Health translated resources</a>	<a href="https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/translated-coronavirus-covid-19-resources">https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/translated-coronavirus-covid-19-resources</a>
<a href="#">Resources from SBS</a>	<a href="https://www.sbs.com.au/language/coronavirus">https://www.sbs.com.au/language/coronavirus</a>
<a href="#">Vic Health advice on food safety</a>	<a href="https://www2.health.vic.gov.au/public-health/food-safety/food-businesses/covid-19-and-food-business">https://www2.health.vic.gov.au/public-health/food-safety/food-businesses/covid-19-and-food-business</a>
<a href="#">NSW Health advice on food safety</a>	<a href="https://www.foodauthority.nsw.gov.au/help/covid-19-advice-for-businesses">https://www.foodauthority.nsw.gov.au/help/covid-19-advice-for-businesses</a>
<a href="#">NZ advice on cleaning</a>	<a href="https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/general-cleaning-information-covid-19">https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/general-cleaning-information-covid-19</a>
<a href="#">Dept of Health aged care resources</a>	<a href="https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-people-in-aged-care-facilities">https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-people-in-aged-care-facilities</a>
<a href="#">Treasury advice for households</a>	<a href="https://treasury.gov.au/coronavirus/households">https://treasury.gov.au/coronavirus/households</a>
<a href="#">Treasury advice for businesses</a>	<a href="https://treasury.gov.au/coronavirus/businesses">https://treasury.gov.au/coronavirus/businesses</a>
<a href="#">Karuna</a>	<a href="https://karuna.org.au/resources/care-of-the-mind/spiritual-planning/">https://karuna.org.au/resources/care-of-the-mind/spiritual-planning/</a>
<a href="#">1800 Respect</a>	<a href="https://www.1800respect.org.au/?gclid=EAlaQobChMI2qjtpdfI6AIvhiQrCh2dKAXBEAAYASAAEgL1PvD_BwE">https://www.1800respect.org.au/?gclid=EAlaQobChMI2qjtpdfI6AIvhiQrCh2dKAXBEAAYASAAEgL1PvD_BwE</a>
<a href="#">Facebook Live</a>	<a href="https://www.facebook.com/facebookmedia/blog/tips-for-using-live">https://www.facebook.com/facebookmedia/blog/tips-for-using-live</a>
<a href="#">Techsoup</a>	<a href="https://blog.techsoup.org/posts/how-to-broadcast-a-facebook-live-event-in-5-easy-steps">https://blog.techsoup.org/posts/how-to-broadcast-a-facebook-live-event-in-5-easy-steps</a>
<a href="#">Youtube Live</a>	<a href="https://support.google.com/youtube/answer/2474026?hl=en">https://support.google.com/youtube/answer/2474026?hl=en</a>
<a href="#">Zoom</a>	<a href="https://support.zoom.us/hc/en-us">https://support.zoom.us/hc/en-us</a>
<a href="#">Vajrayana Institute</a>	<a href="https://vajrayana.com.au/important-information/">https://vajrayana.com.au/important-information/</a>
<a href="#">Lokanta (meditation)</a>	<a href="https://www.youtube.com/user/dhammanet/videos">https://www.youtube.com/user/dhammanet/videos</a>
<a href="#">Ask a Buddhist</a>	<a href="http://www.mettacentre.com/ask-a-buddhist/">http://www.mettacentre.com/ask-a-buddhist/</a>
<a href="#">Metta Centre</a>	<a href="https://mailchi.mp/0e38948774c1/pwxw3t0xng-4776393">https://mailchi.mp/0e38948774c1/pwxw3t0xng-4776393</a>
<a href="#">Buddhist Library videos</a>	<a href="https://buddhistlibrary.org.au/media/">https://buddhistlibrary.org.au/media/</a>
<a href="#">Tricycle</a>	<a href="https://tricycle.org/">https://tricycle.org/</a>
<a href="#">Dharmaseed</a>	<a href="https://dharmaseed.org/">https://dharmaseed.org/</a>
<a href="#">Dhammanet</a>	<a href="https://www.youtube.com/user/dhammanet?fbclid=IwAR0mxOkeKcziHKUDWcXEjijYNd8iPWesLQmZkfkTsR9cgNJv4CEe6ycQEzg">https://www.youtube.com/user/dhammanet?fbclid=IwAR0mxOkeKcziHKUDWcXEjijYNd8iPWesLQmZkfkTsR9cgNJv4CEe6ycQEzg</a>
<a href="#">Lions Roar</a>	<a href="https://www.lionsroar.com/">https://www.lionsroar.com/</a>
<a href="#">Mental health - Commonwealth</a>	<a href="https://headtohealth.gov.au/covid-19-support/covid-19">https://headtohealth.gov.au/covid-19-support/covid-19</a>
<a href="#">Mental health - NSW</a>	<a href="https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx">https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx</a>