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IMPORTANT INFORMATION

**for Buddhist temples, organisations**

**& communities**

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| **This guide is to help you stay safe and support your community through these difficult times.**  Contact the Buddhist Council  E: administrator@bcv.org.au  Ph: 0422 961 162 | IMPORTANTGOVERNMENT REGULATIONS **Public religious services are banned.**  **Temples must be closed to the public**  - Services and essential rituals can be livestreamed. Only essential people can be present, and no public  - Weddings (5 people only) and funerals (10 people only) are permitted.  **Social distancing of 4 square metres per person must be maintained at all times.** |  |

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| 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 |  |
| |  |  | | --- | --- | | Latest rules and restrictions | [Australian government](https://www.australia.gov.au/)  [Victorian Government](https://www.vic.gov.au/coronavirusresponse) | | Information in English and community languages about the virus and how to protect yourselves | [Department of Health and Human Services](https://dhhs.vic.gov.au/coronavirus)  [DHHS translated resources](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)  [Australian Dept. of Health resources - English](https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources)  [Australia Dept. of Health - translated resources](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/translated-coronavirus-covid-19-resources)  [SBS](https://www.sbs.com.au/language/coronavirus) on demand (community languages) | | Producing and providing food/dana to monastics | [Vic. Health advice on food safety](https://www2.health.vic.gov.au/public-health/food-safety/food-businesses/covid-19-and-food-business)  [NSW Health advice on food safety](https://www.foodauthority.nsw.gov.au/help/covid-19-advice-for-businesses) | | Cleaning public areas | [NZ advice on cleaning](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) | | **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 |
| A close up of a sign  Description automatically generatedA close up of a logo  Description automatically generatedA close up of a logo  Description automatically generatedA close up of a logo  Description automatically generated**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 following groups are currently offering live streaming. We expect more to be added over time and will update on the BCV website as we become aware of them.   * [E-Vam Institute](https://evaminstitute.org/) * [Buddhist Society of Victoria](https://www.bsv.net.au/) * [Buddha Bodhivana Monastery](https://www.facebook.com/buddhabodhivana/) * [Melbourne Buddhist Centre](http://melbournebuddhistcentre.org.au/) * Contact Wat Thai for materials in Thai * The [Metta Centre](https://mailchi.mp/0e38948774c1/pwxw3t0xng-4776393) in NSW offers weekly meditation and has started [**Ask a Buddhist**,](http://www.mettacentre.com/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**](https://buddhistlibrary.org.au/media/)**;** [**Tricycle**](https://tricycle.org/)**;** [**Dharmaseed**](https://dharmaseed.org/)**;** [**Dhammanet**](https://www.youtube.com/user/dhammanet?fbclid=IwAR0mxOKeKcziHKUDWcXEJiJYNd8iPWeSLQmZkfkTsR9cqNJv4CEe6ycQEzg)**;** [**The Lions Roar**](https://www.lionsroar.com/)**.**  **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**](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) * 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**](https://treasury.gov.au/coronavirus/households) **or** [**for businesses**](https://treasury.gov.au/coronavirus/businesses) * Are facing bereavement**.**    + [**Karuna**](https://karuna.org.au/resources/care-of-the-mind/spiritual-planning/) **has materials that may be helpful** * Are at risk of domestic or family violence   + **See** [**1800 Respect.**](https://www.1800respect.org.au/?gclid=EAIaIQobChMI2qjtpdfI6AIVhiQrCh2dKAXBEAAYASAAEgL1PvD_BwE) **for counselling (multilingual)**  **LIVESTREAMING**  * [**Facebook Live**](https://www.facebook.com/facebookmedia/blog/tips-for-using-live) (ideal for reaching out to people with FB accounts e.g. longer Dharma talks and chanting). See [**facebook Live**](https://www.facebook.com/facebookmedia/blog/tips-for-using-live) or [**Techsoup**](https://blog.techsoup.org/posts/how-to-broadcast-a-facebook-live-event-in-5-easy-steps) for support. * [**YouTube Live**](https://support.google.com/youtube/answer/2474026?hl=en) (ideal for reaching out to a large number of people; will need at least 1,000 subscribers to stream to mobile devices) * [**Zoom**](https://support.zoom.us/hc/en-us) (ideal for meetings and interactive events) – has training videos | |

**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**](https://headtohealth.gov.au/covid-19-support/covid-19)and [**DHHS**](https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx)websites for information about other mental health services.

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

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| [Australian government](https://www.australia.gov.au/) | <https://www.australia.gov.au/> |
| [Victorian Government](https://www.vic.gov.au/coronavirusresponse) | https://www.vic.gov.au/coronavirusresponse |
| [Department of Health and Human Services (DHHS)](https://dhhs.vic.gov.au/coronavirus) | <https://dhhs.vic.gov.au/coronavirus> |
| [DHHS translated resources](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19) | <https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19> |
| [Australian Dept. of Health resources (English)](https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources) | <https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources> |
| [Australian Dept. of Health translated resources](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> |
| [Resources from SBS](https://www.sbs.com.au/language/coronavirus) | <https://www.sbs.com.au/language/coronavirus> |
| [Vic Health advice on food safety](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> |
| [NSW Health advice on food safety](https://www.foodauthority.nsw.gov.au/help/covid-19-advice-for-businesses) | <https://www.foodauthority.nsw.gov.au/help/covid-19-advice-for-businesses> |
| [NZ advice on cleaning](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> |
| [Dept of Health aged care resources](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/adviDept) | <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> |
| [Treasury advice for households](https://treasury.gov.au/coronavirus/households) | <https://treasury.gov.au/coronavirus/households> |
| [Treasury advice for businesses](https://treasury.gov.au/coronavirus/businesses) | <https://treasury.gov.au/coronavirus/businesses> |
| [Karuna](https://karuna.org.au/resources/care-of-the-mind/spiritual-planning/) | <https://karuna.org.au/resources/care-of-the-mind/spiritual-planning/> |
| [1800 Respect](https://www.1800respect.org.au/?gclid=EAIaIQobChMI2qjtpdfI6AIVhiQrCh2dKAXBEAAYASAAEgL1PvD_BwE) | <https://www.1800respect.org.au/?gclid=EAIaIQobChMI2qjtpdfI6AIVhiQrCh2dKAXBEAAYASAAEgL1PvD_BwE> |
| [Facebook Live](https://www.facebook.com/facebookmedia/blog/tips-for-using-live) | <https://www.facebook.com/facebookmedia/blog/tips-for-using-live> |
| [Techsoup](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> |
| [Youtube Live](https://support.google.com/youtube/answer/2474026?hl=en) | <https://support.google.com/youtube/answer/2474026?hl=en> |
| [Zoom](https://support.zoom.us/hc/en-us) | <https://support.zoom.us/hc/en-us> |
| [E-Vam Institute](https://evaminstitute.org/) | <https://evaminstitute.org/> |
| [Buddhist Society of Victoria](https://www.bsv.net.au/) | <https://www.bsv.net.au/> |
| [Buddha Bodhivana Monastery](https://www.facebook.com/buddhabodhivana/) | <https://www.facebook.com/buddhabodhivana/> |
| [Mellbourne Buddhist Centre](http://melbournebuddhistcentre.org.au/) | <http://melbournebuddhistcentre.org.au/> |
| Wat Thai | Enquire by email: watthaimelbourne@gmail.com |
| [Ask a Buddhist](about:blank) | <http://www.mettacentre.com/ask-a-buddhist/> |
| [Metta Centre](https://mailchi.mp/0e38948774c1/pwxw3t0xng-4776393) | <https://mailchi.mp/0e38948774c1/pwxw3t0xng-4776393> |
| [Buddhist Library videos](https://buddhistlibrary.org.au/media/) | <https://buddhistlibrary.org.au/media/> |
| [Tricycle](https://tricycle.org/) | <https://tricycle.org/> |
| [Dharmaseed](https://dharmaseed.org/) | <https://dharmaseed.org/> |
| [Dhammanet](https://www.youtube.com/user/dhammanet?fbclid=IwAR0mxOKeKcziHKUDWcXEJiJYNd8iPWeSLQmZkfkTsR9cqNJv4CEe6ycQEzg) | <https://www.youtube.com/user/dhammanet?fbclid=IwAR0mxOKeKcziHKUDWcXEJiJYNd8iPWeSLQmZkfkTsR9cqNJv4CEe6ycQEzg> |
| [Lions Roar](https://www.lionsroar.com/) | <https://www.lionsroar.com/> |
| [Mental health - Commonwealth](https://headtohealth.gov.au/covid-19-support/covid-19) | <https://headtohealth.gov.au/covid-19-support/covid-19> |
| [Mental health - NSW](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> |