

# Coronavirus (COVID-19)

OLDER ADULTS 60+ YEARS

## Stay safe and healthy

...help reduce your chance of getting ill and stop the spread of illness.



### What to do



Stay 1.5 metres apart from people you don't live with. Wear a mask indoors and if you can't distance.



Get tested if you have any COVID-19 symptoms, even if mild. Visit a testing clinic or contact your GP.



Keep your medical appointments. In an emergency, call Triple Zero (000).



Stay active every day. Eat healthy food, drink plenty of water, sleep at your regular times.



Make your home safer to prevent trips and falls - clutter free and well lit.

Mental health support is available from:

**Lifeline** Phone **13 11 14**

**Coronavirus mental wellbeing support service**

Phone **1800 512 348**

### Healthy hygiene



Wash your hands with soap for at least 20 seconds. Carry hand sanitiser with you.



Cough and sneeze into your elbow. Put used tissues in the bin right away.



Avoid touching your face, mouth and eyes.

**Remember to keep a distance of 1.5 metres from others.**



### Use trusted information

- Phone the National Coronavirus Help Line on **1800 020 080**
- Speak to your GP
- Visit NSW Health's website **[www.health.nsw.gov.au](http://www.health.nsw.gov.au)**
- Visit NSW Government website **[www.nsw.gov.au](http://www.nsw.gov.au)**
- For practical advice and support, call the COVID-19 Older Australian Support Line on **1800 171 866** (Monday to Friday, except public holidays, 8.30am to 6pm)

**Free Interpreter service:** Phone **13 14 50**

