

OLDER ADULTS 60+ YEARS

Stay safe and healthy

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

What to do



Get tested if you have any COVID-19 symptoms, even if mild.



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.

If you're fully vaccinated, get your booster dose as soon as you're eligible.



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**
- Visit NSW Government website **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 and translating service: Phone **13 14 50**