

COVID-19 Keeping Yourself Safe

YOU ARE MORE AT RISK IF YOU ARE:

- OVER 70 YEARS OF AGE**
- OF ABORIGINAL OR TORRES STRAIT ISLANDER BACKGROUND**
- HAVE DIABETES**
- HAVE A CHRONIC HEALTH CONDITION**
- HAVE RESPIRATORY WEAKNESS**
- HAVE A DISABILITY THAT REQUIRES SUPPORT PERSONS**

STAY AT HOME WHERE EVER POSSIBLE

WASH YOUR HANDS OFTEN AND USE A SANITISER, ESPECIALLY IF YOU GO TO PUBLIC PLACES

SHOP ONLINE AND THINK ABOUT USING INTERNET OR PHONE BANKING

TALK TO YOUR DOCTOR USING TELEHEALTH AND HAVE YOUR MEDICATIONS DELIVERED TO YOUR HOME

KEEP ACTIVE AND CONNECTED TO YOUR FAMILY AND FRIENDS

LIMIT THE NUMBER OF PEOPLE YOU COME IN CONTACT WITH

IF YOU NEED HELP WITH MEALS OR OTHER SUPPORT YOU CAN CONTACT MY AGED CARE 1800 200 422

Current as at 15th June 2020



Australian Government
Aged Care Quality and Safety Commission

