

# Keeping our Elders Safe

COVID-19

Here is some information on how to stay safe and healthy this year from the Novel Coronavirus (COVID-19) and flu.

## COVID-19 Common Symptoms

Elders and anyone with existing health condition/s such as diabetes, heart and lung problems are at high risk of getting sick and needing hospital if they get COVID-19.

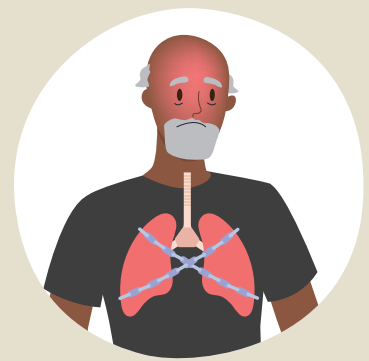


**Fever**

(Temp over 37.5°C)



**Dry cough**



**Shortness of breath**



**Sore throat**



**Runny nose**



**If you have any of these symptoms** call ahead before you go to your local Aboriginal Medical Service (AMS) or call the Health Direct Line (24/7 FREE CALL 1800 022 222) to make sure you get the right care. In some cases, you may be asked to go to the hospital.

COVID-19  
**SL**OW THE  
**SPREAD**



# Keeping our Elders Safe

COVID-19

## Slow the spread of COVID-19

We can all do our bit to help slow down the spread of COVID-19 at home and in the community. Remember to wash your hands regularly, cover your coughs and sneezes, avoid gatherings of people and cut down or quit smoking.

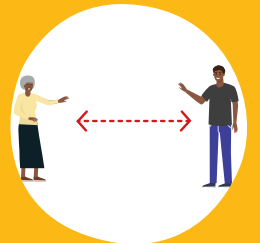


## Be prepared

There's no need to panic buy groceries like toilet paper. Check your medications are available and your scripts are up to date. If you are worried that you will not have enough medication, call your local AMS to see if they can organise extra medication to get you through while you are trying to keep safe at home.

## What is social distancing?

Social distancing means keeping a healthy space between you, and the people around you. This includes staying home as much as possible and keeping a safe distance from others in your home. This is important while COVID-19, colds and flus are about. It helps to keep people safer by reducing the spread of germs. Avoid touching people (e.g. handshakes, kissing, hugging and large family gatherings, as being around more people puts you at risk.) Young people, including grandkids, can carry the virus even when they have mild or no symptoms. During this time, it's better to connect in other ways like having a yarn over the phone or video calling.



## Regular medical check-ups

It might be hard to book an appointment right now because doctors and nurses are very busy responding to COVID-19. Call and ask your AMS if you should visit, or if a doctor can give you an appointment over the phone instead.

## Get your flu shot

While there is no COVID-19 vaccine, it is important to get your flu vaccine early to keep you and others in the community healthy this winter. Stay up to date with your vaccinations, including the Pertussis vaccine to protect against whooping cough and the Pneumovax vaccine to protect against diseases including pneumonia. Plan your vaccinations early and stay healthy this winter.



**Due to COVID-19, there may be changes to the services your AMS provides.** If you are worried call your AMS for a chat. For support with daily tasks such as groceries, or getting your medication, reach out to your family and friends and ask if they can help you. Stay calm and look out for one another. We're all in this together.

Let's keep our community safe, strong and healthy.

Please visit [health.nsw.gov.au](https://health.nsw.gov.au) for the latest information on COVID-19.

COVID-19  
SLOW THE  
SPREAD



AH&MRC