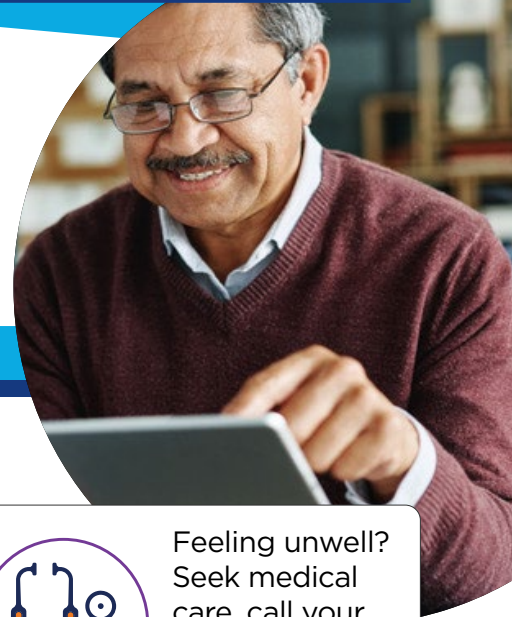


Coronavirus (COVID-19)

OLDER ADULTS 60+ YEARS

Stay safe

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



What to do



Stay home if you can. If you need to go out, stay 1.5 metres from others and avoid public transport.



If you can, ask family and friends to bring you the food and medicine you need but minimise physical contact.



Feeling unwell? Seek medical care, call your GP or in an emergency, call 000.



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



Get the Flu vaccine (free for 65+) and keep regular health appointments.



Use trusted information - NSW Health or your GP.

Healthy hygiene



Wash your hands with soap for at least 20 seconds.



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.



To keep updated

- Phone the National Coronavirus Health Information Line on 1800 020 080
- Visit NSW Health's website www.health.nsw.gov.au
- Visit NSW Government website nsw.gov.au

Free Interpreter service: Phone 13 14 50



For more resources or information visit nsw.gov.au

Content developed by Western Sydney Local Health District. Information current as at 25 May 2020. SHPN (HP NSW) 200265