

Keeping our Elders Safe



Here is some information on how to prevent COVID-19

COVID-19 Common Symptoms

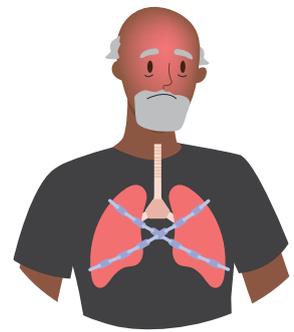
Elders and anyone with existing health condition/s such as diabetes, heart and lung problems are at high risk of getting sick and needing hospital if they get COVID-19.



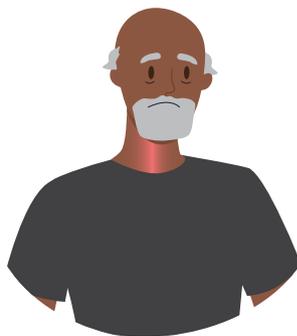
Fever
(Temp over 37.5°C)



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.



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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.

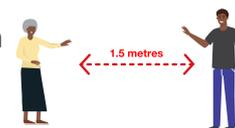


Be prepared

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. If you or another family member is planning a large family gathering then it's best to organise the event outdoors because the risks of COVID-19 transmission are lower when compared to indoors. If possible, avoid touching, handshakes, kissing and hugging other family members at these gatherings as it's possible for people to carry COVID-19 even though they have no symptoms. Remember to check the relevant NSW government restrictions to make sure that the number of people at your gathering does not exceed the maximum number allowed.



Regular medical check-ups

It's still important to keep up with your regular medical check-ups and medicines. Keeping your health in check can prevent serious complications. Call your AMS and ask if the doctor can give you an appointment over the phone instead.

Get your flu shot

Get your COVID-19 flu vaccine early to keep you and others in the community healthy. 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.



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://www.health.nsw.gov.au) for the latest information on COVID-19.

