

Keeping our Elders Safe

Here is some information on how to stay safe and healthy this year from respiratory infections like flu, COVID or RSV*.

* Respiratory Syncytial Virus

Elders are at risk of severe illness

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

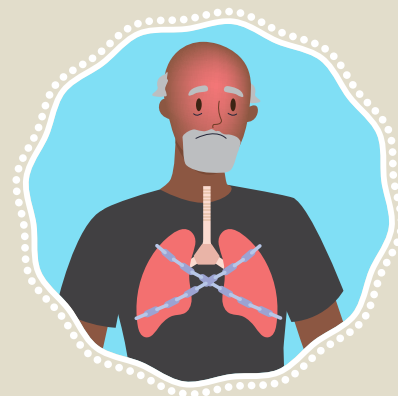


Fever

(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. Some symptoms mean you may be best cared for in hospital.



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Slow the spread of infections

We can all do our bit to help slow down the spread of COVID-19 and other infections at home and in the community. Remember people can carry viruses even with mild or no symptoms but we can protect ourselves by washing our hands regularly, covering our coughs and sneezes and avoiding family or community gatherings when we are unwell.



Be prepared

Antiviral medicines are available for COVID-19 and influenza. It is best to plan ahead and talk to your Aboriginal Health Practitioner and doctor about what to do when you start feeling unwell so you can get the right tests and treatments quickly.

Regular medical check-ups

It's important to keep up with your regular medical check-ups and medicines. Keeping your health in check can prevent serious illness. Call your AMS or doctor and ask to book in for a health check (715) and yarn about how to stay healthy.



Keep up to date with your vaccinations

It is important to get your flu vaccine early to keep you and others in the community healthy each winter. Stay up to date with all vaccinations, including COVID-19, Pertussis (Whooping cough) vaccine and Pneumococcal vaccine to protect against severe illnesses and going to hospital. Plan your vaccinations early and keep your immunity strong.

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

Please visit health.nsw.gov.au for the latest information on respiratory infections.



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