

Your guide to keeping well and staying connected during COVID-19

DON'T TAKE THE RISK THIS SEASON
GET THE FLU VACCINE.



If you develop a fever or flu-like symptoms, please isolate yourself and call your doctor or the national Coronavirus Helpline:
1800 020 080



If you develop breathing difficulties contact 000

Practice good hygiene and if you have to go out for groceries, medicines or a healthcare appointment, remember to distance yourself



LET US HELP YOU TO GET CONNECTED TO

TELEHEALTH!
Receive bulk-billed health services via telephone or video. Call us today to find out how.



Use a screening process with every visitor. Ask these questions and if the answer to any is YES, do not allow them into your home:

Have you or someone else in your home: been diagnosed with coronavirus or suspected of having coronavirus?

Have you or someone else in your home: had close contact with someone diagnosed with coronavirus or who is suspected to have coronavirus in the last 14 days?

Have you or someone else in your home: travelled interstate, overseas or been on a cruise ship in the last 14 days?

Have you or someone else in your home: been advised by a healthcare professional to undertake mandatory isolation?

Have you or someone else in your home: felt unwell or had any symptoms of illness within the last 7 days: **Fever, night sweats or chills? Cough, runny nose, sore or scratchy throat? Shortness of breath?**

OLDER PERSONS COVID-19 SUPPORT LINE: 1800 171 866

STAY CONNECTED - we're here to help!

Online: www.careconnect.org.au Email: service@careconnect.org.au Phone: 1300 866 228

For more information, visit the Department of Health website: www.health.gov.au