

SELF ISOLATION

IS STAYING AT HOME FOR 14 DAYS TO PREVENT THE POSSIBLE SPREAD OF COVID-19 VIRUS TO OTHERS.



Keep in touch with family, friends and neighbours via telephone, email, video calling or social media.



Practise mindfulness and meditation.



Establish a daily routine that includes a healthy meal and being active at home.



Embrace your inner creativity add arts and craft, puzzles, cooking or music into your day.



Limit exposure to media, set designated hours to check COVID-19 advice from reliable sources.



Be thoughtful, considerate and kind to others and stay at home.

WHAT SHOULD I DO IF I START TO FEEL UNWELL?

If you start to feel unwell and are aged over 70 (over 50 for Aboriginal or Torres Strait Islander people) or those with chronic conditions can seek medical support from your GP's through bulk-billed telehealth and phone services.

CAN I GET HELP TO PURCHASE MY ESSENTIALS?

Some supermarkets and chemists have special arrangements for older people. Please contact your local stores directly for more information.



SUNCARE.ORG.AU



1800 786 227

**FOR THE LATEST ADVICE, INFORMATION AND RESOURCES,
GO TO WWW.HEALTH.GOV.AU**

**CALL THE NATIONAL CORONAVIRUS HELP LINE 1800 020 080,
24 HOURS A DAY, 7 DAYS A WEEK.**

**IF YOU HAVE CONCERNS ABOUT YOUR HEALTH,
SPEAK TO YOUR DOCTOR.**