All Good Care

Health Alerts: Australian Government Department of Health

People over the age of 60

- The risk of serious illness from COVID-19 increases with age.
- The highest rate of fatalities is among older people, particularly those with other serious health conditions or a weakened immune system.
- There is currently no cure or vaccine for COVID-19, or immunity in the community.

How to protect yourself?

Even if you are feeling well, it is important to take steps to prevent the spread of this virus.Good hygiene and taking care when interacting with other people, are the best defences for you and your family against COVID-19. This includes:

- Covering your coughs and sneezes with your elbow or a tissue
- Disposing of used tissues immediately into a waste bin and washing your hands
- Washing your hands often with soap and water, including before and after eating and after going to the toilet, and when you have been out to shops or other places
- Using alcohol-based hand sanitisers, where available
- Cleaning and disinfecting surfaces you have touched
- Where possible, stay 1.5 metres away — 2 arms' length — from other people. This is an example of social distancing
- If you are sick, stay at home and avoid contact with others
- Avoid non-essential travel
- Think about having the chemist deliver your medicines
- Think about having your groceries delivered

Symptoms

Symptoms include (but are not limited to) fever, coughing, a sore throat and difficulty breathing. If you develop mild symptoms of COVID-19:

- Isolate yourself from others at home and use a separate bathroom, if available
- Use a surgical mask when around other people. If you don't have one, practise good sneeze/cough hygiene
- Practise good hand hygiene
- Call a doctor and tell them about your symptoms and any contact with people with COVID-19

If you have serious symptoms such as difficulty breathing:

- Call 000, ask for an ambulance and notify the officers if you have been in contact with anyone with COVID-19.

More information

If you have questions, you can call the National Coronavirus Helpline.

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National Coronavirus Helpline
Call this line if you are seeking information on coronavirus (COVID-19).

The line operates 24 hours a day, seven days a week.
1800 020 080
View contact

If you require translating or interpreting services, call 131 450.

Contact your local state and territory health departments for information about your local health system arrangements.

If you have concerns about your health, speak to your doctor.