

COVID-19: TIPS FOR THE ELDERLY

How it spreads, how to avoid it and what to do if you think you have it

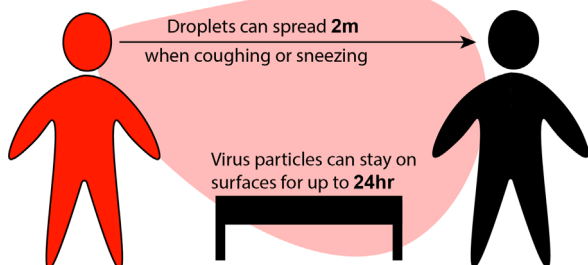
HOW DOES IT SPREAD?

The virus is typically spread in droplets when someone coughs or sneezes.

- To infect you, the virus needs to travel from the throat and lungs of the infected person to you.
- The virus can infect you if it gets into your nose, eyes, mouth, throat or lungs.
- Droplets don't remain suspended in the air for more than a minute or two.

The virus can remain on surfaces for up to 24 hours.

- Touching contaminated surfaces and then touching your face can spread the virus to you.



TIPS FOR STAYING SAFE

- Don't go out more than necessary
- Stock up on medications, toiletries and longer life foods.
- Consider buying vitamin C, D and B12 supplements, as packaged foods can be low in vitamins.
- Get things delivered and left at your door to avoid contact.
- Avoid using cash, use contactless payment instead.
- Do gentle exercises, like walking, in areas that are not crowded. This is good for immunity.
- Have people to call for help and advice.
- Don't be afraid to ask for help for things that you need.
- Have the phone numbers ready for key friends and family members.

HOW DO I PREVENT INFECTION?

STOPPING DIRECT SPREAD:

- **Remain at a distance (about 6 ft/2 m) from people.** You shouldn't get infected if you are walking around or sitting on a bench if you are at least this far away from people.
- **Stay away from anyone coughing or sneezing,** and don't get too close to people talking.
- **Stay away from crowded areas** where you are forced into close spaces with people (eg. buses, trains, lifts).

STOPPING INDIRECT SPREAD:

- **Avoid touching surfaces or shaking hands** with people.
- **Avoid touching your eyes, nose and mouth** if you have touched surfaces that other people may have contaminated.
- **Wash your hands frequently.** Soap and water (for 20 secs) or hand sanitiser will kill the virus.
- If washing hands in a public place, avoid contaminating your hands after by touching surfaces e.g. the door to the bathroom.



WHAT ARE THE SYMPTOMS?

- A continuous cough (repeated coughing, not just a few coughs)
- A high temperature (shivers or fever)
- Feels like you have the flu and are feeling too weak to go about daily activities
 - Muscle aches and pains
 - Headaches
 - Tiredness
 - Dizziness

If you have any of these symptoms, call **1800 022 222** or a GP.

Call 000 for an ambulance if you are having serious difficulty breathing.

KEEP UP WITH NEWS

If you have internet access, go to <https://www.healthdirect.gov.au/coronavirus> for up-to-date advice

DON'T



DO



SHOPPING SAFELY DURING COVID19

BEFORE LEAVING

- 1 Bread
- 2 Milk
- 3 Cheese
- 4 Butter

Prepare a shopping list before you leave



Take your own shopping bags and pack your own bags



Walk, drive or cycle to the shops



Avoid public transport



Do I need to wear a mask?

Wearing a mask offers some protection and will stop you scratching your nose or face.

AT THE SHOPS



Wipe down trolley and basket handles before touching them

Sanitise your hands regularly while shopping



Stay 1.5 m or 1 trolley length away from other shoppers where possible



Avoid squeezing fruit and vegetables to test for ripeness. If you do, put a bag over your hand first.



Only touch what you plan to buy



Follow the floor markers at all times



Avoid using cash and taking receipts where possible

GETTING HOME

Dedicate one person to be the unloader and unpacker



Regularly wash your hands while unpacking and after

Wash all fruit and vegetables before consumption



BE MINDFUL

Try not to touch your face or nose while you are out

Wash your hands as soon as you get home