



## FACT SHEET

### FAQ: COVID19

#### I am an older person, what can I do?

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 tissues immediately they are used, into a dedicated 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 all surfaces you have touched
- try to stay 1.5 metres away from other people an example of “social distancing”
- if you are sick, avoiding contact with others.

If you start to feel unwell, phone the National Coronavirus Helpline on 1800 020 080 or your GP who will be able to provide you with further advice.

Older people aged 70+ (or 50+ for Aboriginal and Torres Strait Islander people) or people with chronic conditions are able to seek medical support from their GPs through bulk-billed telehealth (videolink) and telephone services. Examples of possible video applications include FaceTime and Skype. Medical practitioners must be satisfied that the services they use to video link with their patients meet current standards and laws regarding privacy and information security.

#### Can I go to the shops or catch the bus, or should I stay in my own home?

All Australians are being asked to practise “social distancing”, including staying 1.5 metres away from other people where possible. Only people diagnosed with, or exposed to, COVID-19 and those returning from overseas are required to self-isolate in their homes at the moment.

### **Are other vaccinations important?**

It is very important that you reduce your risk of getting other illnesses while COVID-19 remains in our community. There is no vaccine for COVID-19. However, it is important that you get the 2020 flu vaccination as soon as it is available from your GP or pharmacy.

Discuss with your doctor whether you should have a pneumococcal vaccination against pneumonia, which is recommended for everyone over 65. You should also discuss having a shingles vaccination.

### **Who can I talk to about this if I have concerns or need support?**

- Talk to family members and friends
- Call OPAN (Older Persons Advocacy Network) for concerns around Coronavirus - 1800 237 981
- Beyond Blue 1300 22 4636 for support
- Relationships Australia (Darwin) - 8923 4999 or darwinseniors@ra-nt.org.au for counselling

### **How can Seniors and Disability Rights Service can support you**

**If you have concerns that the rights of an older person are not being met or you are worried about an older person's safety and welfare, call SDRS.**



**Seniors and Disability Rights Service**  
**Respect Value Protect**

**Ph: 1800 037 072**