

Information for older people, and retirement villages

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Advice for Older South Australians

- > People of all ages can be infected by COVID-19. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.
- > Make sure any medical conditions are managed or under control so you are as healthy as possible. Talk to your GP about how you can do this.
- > Older people are a high-risk group for COVID-19. However, this does not mean you need to isolate yourself away from family, friends and your community. You only need to self-isolate if you have travelled or been in close contact with someone who has received a positive test result for COVID-19.
- > You can take steps to protect yourself from COVID-19. For example, by following good hand and respiratory hygiene (washing hands and covering coughs and sneezes).
- > Make sure you receive your pneumococcal vaccine and influenza vaccine (free for people aged 65 years and over) to ensure you stay healthy throughout the winter period. The healthier you are, the better you can fight off COVID-19.
- > Follow good hygiene practices (wash hands often, wipe down frequently touched surfaces, cover coughs and sneezes with a tissue).
- > Practise social distancing whenever possible. That means staying 1.5 metres away from other people and staying away from people who have respiratory infections.
- > Practice good hand hygiene, covering coughs and sneezes and wipe down surfaces – remember wash, wipe, cover – don't infect another.
- > Ask a friend or family member to deliver your shopping for you.
- > Stay in touch and communicate with friends and family by writing a letter, email or give them a call or Skype.
- > Translated information regarding COVID-19 is available at [health.gov.au](https://www.health.gov.au).

Advice for people who have older family, friends and neighbours

- > There is no need to stockpile items such as toilet paper. There are older or disadvantaged South Australians who only shop every few weeks and they cannot access essential items because people are panic buying. Only purchase what you need to cover for you for a few weeks if you become unwell.
- > Do not visit hospitals or aged care facilities if you are unwell. People should follow this advice at all times, but it is especially important now. If you would like to check in on a relative or friend who is in hospital or an aged care facility and you are unwell, consider calling instead. Residential aged care facilities now have in place visitor restrictions limiting who can enter and how long they stay. All hospitals have strict protocols for visitors to ensure protection for patients and for outbreaks of any disease. These will be followed if required.
- > If you have an older family member, neighbour or friend, check in on them and see how they are. If you can't visit them, you can always give them a call. It is also helpful to make sure they have essentials such as food, toiletries and medications.

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Advice for industry

SA Health advice

- > [Coronavirus disease 2019 \(COVID-19\) resources and links for health professionals](#)

Retirement villages

- > On 18 March 2020, the Prime Minister announced new restrictions for visitors to residential aged care facilities. Whilst these restrictions do not apply to visitors to retirement villages and other group gatherings at this stage, it is important to note the following:
 - o Practice social distancing whenever possible.
 - o If you must meet with groups of people, try to stay away from communal areas where the risk of transmission is greater. Consider going outside and staying 1.5 metres away.
 - o Reconsider the need for any large group visits or gatherings, including group social activities or group entertainment.
- > The most up to date advice regarding gatherings and groups of people can be found at: [Coronavirus \(COVID-19\) advice for public gatherings and visits to vulnerable groups](#).

More information

- > Visit www.sahealth.sa.gov.au/COVID2019 or www.health.gov.au for more information.
- > Call the National Coronavirus Help Line on 1800 020 080. It operates 24 hours a day, seven days a week.
- > If you require translating or interpreting services, call 131 450.

Websites

- > <https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-for-older-australians>
- > <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/translated-coronavirus-covid-19-resources>

Facebook

- > SA Health Facebook is <https://www.facebook.com/sahealth/>

Available resources:

- o [Wash Wipe Cover](#)
- o [Translated resources](#)

For more information

www.sahealth.sa.gov.au/COVID2019

