

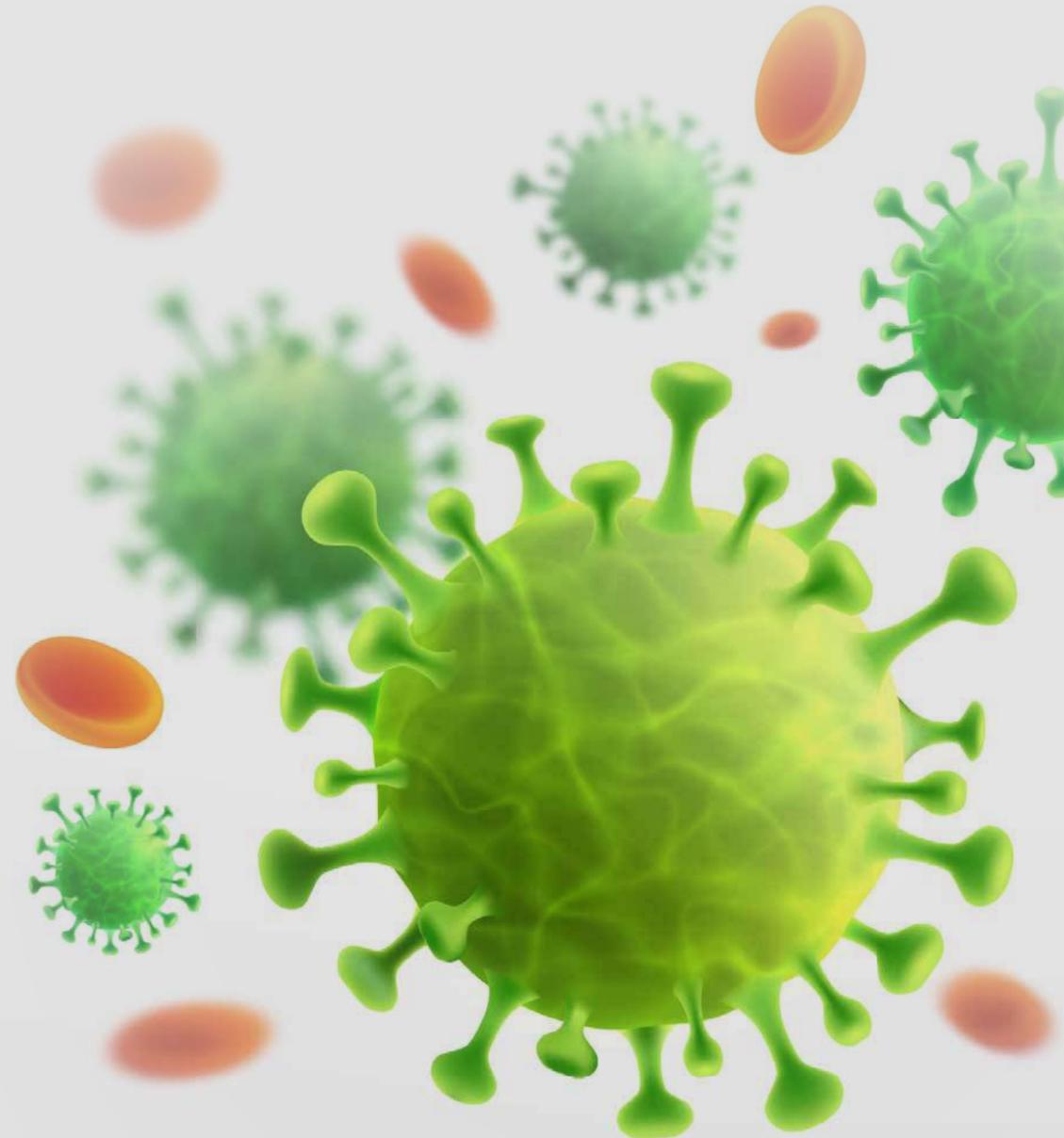
Coronavirus Survival Guide

Especially for
Over 50s & Seniors



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DISCLAIMER

This e-book has been compiled by the Australian Over 50s Living & Lifestyle Guide (AOF) as a public service during the COVID 19 pandemic. It was compiled from publicly available information from what the AOF believes are credible sources. As publishers and owners of the Australian Over 50s Living & Lifestyle Guide we are declaring to any and all readers or users or recipients of this guidebook that the information contained in this publication is for general information purposes only. While we endeavour to provide correct information, we make no representations or warranties and give no advice of any kind, express or implied, about the completeness, accuracy, reliability, suitability, effectiveness, correctness or availability of any information, text, data, chart, image, contact details, articles, announcements, advertisements, products, claims, services, qualifications or related graphics contained in the publication for any purpose. Any action by you, or failure to act by you or reliance you place on any information in the publication or any of the content of the publication is therefore strictly at your own risk and we take no responsibility and accept no liability for any consequences direct or indirect. The inclusion in this publication of any advertisement, article, note, infographic, advertorial, announcement, information, contact details, listing, image, design, chart, data, mark or representation does not constitute and does not imply advice, recommendation or endorsement by us of the associated practitioners, service providers, product providers, services, products, claims, opinions, information or views. Decalais Consultants Pty Ltd. (ABN 51 139 753 361)

MESSAGE FROM GREEN APPLE WELLNESS CENTRE



Victoria
Owner and Manager of
Green Apple Wellness Centre

I would like to thank the Australian Over 50s Living & Lifestyle group for the opportunity to provide Green Apple members and friends a very informative resource during COVID-19.

Despite the Green Apple being closed down since March 23, 2020 there has been a great deal of activity going on behind the scenes. The overwhelming theme behind every initiative has been to engage members in every possible way during the time that “homestay” has been either encouraged or officially directed.

This has taken the shape of safe, appropriate, individually prescribed physical activity provided through our Health@Home service as well as a daily video. The videos have all been customised to our Green Apple demographic and delivered by our own leaders. This has enabled us to video some classes that can be done by people of 60, 70, 80, 90 years, and members who have never tried to do group classes before. It is wonderful to see so many people reaching out for new experiences and trying new things to do.

If you are a Green Apple member I encourage you to join the private COVID-19 Facebook established by team member Nessa Williamson. Nessa posts supportive and inspirational messages regularly and encourages your interaction. As Green Apple members you are used to a great deal of social interaction and now that you are unable to attend the Centre for your usual social get-togethers, coffee breaks, and chitchats, this Facebook opportunity will still give you a chance to be part of the Green Apple family.

I established the Green Apple Wellness Centre over 40 years ago and during all those years I have never experienced anything like the COVID-19 situation. In the build up to the

closure of the Centre on Monday, March 23, and the consequent government directives to stay at home unless having to go out for essential purposes, we were already implementing stringent hygiene practices.

Will we ever go back to the carefree days of trusting surfaces as germ free? Did we really think about what could make us sick just by touching an infected surface or standing too close to anyone? This online booklet will help us continue to observe safe practices and to be aware of the world around us in a way we probably never have been before.

The whole Green Apple team are looking forward to seeing you walk back through the door to resume your on-site “body housekeeping” and to renew the face-to-face contact with friends and exercise acquaintances. For some of you this has been your second home for a decade or three and coming “to the gym” has been part of your normal pre-COVID-19 life.

So resuming the routine of regular attendance will help us all cope with the new world we will live in post COVID-19.

**In health and happiness,
Victoria**



Green Apple Health@Home service

What is this service and how can it help me?

We have been told by so many of our members that they are going to miss the companionship of the Green Apple community as much as their exercise during their COVID-19 homestay – So we designed a program to give you a Buddy Trainer to help you personally.

This program is wonderful for people who feel they are not “gym-people”, or seniors who want to boost their auto-immune systems.

For more information, phone **3261 1249** or email info@greenapplewellness.com.au





MESSAGE FROM THE AUSTRALIAN OVER 50s LIVING & LIFESTYLE GUIDE

Australian
Over 50s Guide
Book
For Active Retirees & Seniors

CORONAVIRUS SURVIVAL GUIDE ESPECIALLY FOR THE OVER 50s AND SENIORS

From the early days of the virus outbreak, we have been working with important and caring organisations to create innovative ways of supporting our extended community and provide vital information to help keep everybody safe and healthy.

Today I want to introduce you to our latest support mechanism – the **“Coronavirus Survival Guide – Especially for the Over 50s & Seniors”**

If you are Over 50 or a Senior, you are in one of the High Risk categories from the Coronavirus. This booklet is designed to help you to keep safe and healthy.

If you are isolated at home, you have a number of additional challenges such as getting food, keeping occupied and staying both physically and mentally fit. We have tips for you on how to do all of these important activities so that you emerge from this global crisis in the best possible way.

There is of course a great deal of information already available about the virus from a myriad of sources. However, in some ways the information overload is overwhelming, hence the need for a guide that is credible, to the point, practical and above all – relevant to Older Australians.

Please share this book or its link with your family and friends so that they too can take advantage of the information.

No doubt there will be new developments on a daily basis. We will be keeping the book updated, so if you think of some additional useful information or have experiences or tips to share, please let us know and we will try to incorporate them into the next update.

Being from the older part of the community, we all have the experience and the faith to know that things will eventually return to normal. Although the world will not instantly be the way it

was, and many things will have changed forever, there are definitely better times ahead – we will be able to go out, school will return, we will have fun with our grandchildren, businesses will open, we will socialise, hug and touch without gloves again. There will be travel, there will be new things and communities to explore, we will eat out again and we will celebrate life with friends and family.

Although the situation changes daily, our mission remains the same: “We want to help improve the lives of older Australians

by providing trusted and practical information to empower you to make the best decisions and positively impact lives.”

Our good wishes and prayers are with every single person. We are all in this together and together our human spirit will win. Stay Well and Stay Safe.

Warm Wishes

Deepa Calais

Publisher,

Australian Over 50s Living & Lifestyle Guide

**Especially For
Over 50s & Seniors**

**We Are Here To
SUPPORT YOU
During These Uncertain Times**

For current updates, especially for the Over 50s & Seniors, please go to
<https://livewellclub.com.au/category/coronavirus-help/>

**Australian Over 50s
LiveWell Club**
For the Over 50s, Active Retirees and Seniors



ISOLATION GUIDANCE

The requirements for who must self-isolate, are changing by the day and may differ according to which state you are located. You should refer to government sites to understand the exact requirements and guidelines.

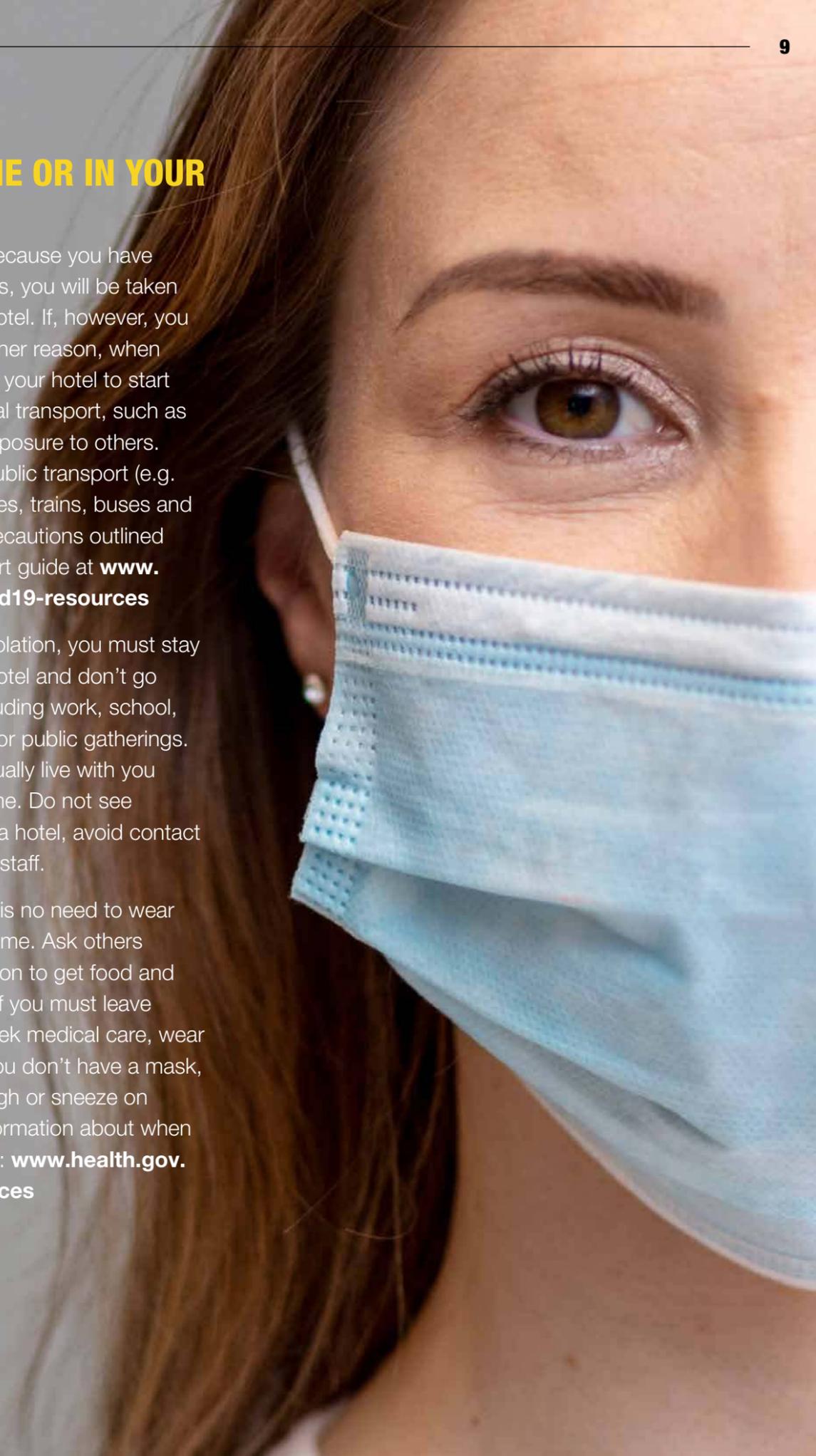
Broadly, however, the latest advice is to stay at home unless it is absolutely necessary to go out. This means that many Australians should currently be self-isolating.

STAY AT HOME OR IN YOUR HOTEL

If you are isolating because you have arrived from overseas, you will be taken to your quarantine hotel. If, however, you are isolating for another reason, when travelling home or to your hotel to start isolation use personal transport, such as a car, to minimise exposure to others. If you need to use public transport (e.g. taxis, ride-hail services, trains, buses and trams), follow the precautions outlined in the public transport guide at www.health.gov.au/covid19-resources

During 14 days of isolation, you must stay at home or in your hotel and don't go to public places including work, school, childcare, university or public gatherings. Only people who usually live with you should be in the home. Do not see visitors. If you are in a hotel, avoid contact with other guests or staff.

If you are well, there is no need to wear surgical masks at home. Ask others who are not in isolation to get food and necessities for you. If you must leave home, such as to seek medical care, wear a surgical mask. If you don't have a mask, take care to not cough or sneeze on others. For more information about when to wear a mask, visit: www.health.gov.au/covid19-resources



MONITOR SYMPTOMS

When in isolation, monitor yourself for symptoms including fever, cough, sore throat, tiredness or shortness of breath. Other possible symptoms include chills, body aches, runny nose and muscle pain.

WHAT DO I DO IF I GET SICK?

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within 14 days of returning to Australia, or within 14 days of last contact with a confirmed case, you should arrange to see your doctor for urgent assessment.

You should telephone the health clinic or hospital before you arrive and tell them your travel history or that you have been in contact with a confirmed case of coronavirus.

You must remain isolated either in your home, hotel or a healthcare setting until public health authorities inform you it is safe for you to return to your usual activities.



HOW CAN I PREVENT THE SPREAD OF CORONAVIRUS?

Practising good hand and sneeze/cough hygiene and keeping your distance from others is the best defence against most viruses. You should:



Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.



Cover your cough and sneeze, dispose of tissues, and wash your hands.



If unwell, avoid contact with others (stay more than 1.5 metres from people).



Exercise personal responsibility for social distancing measures.



MASKS AND GLOVES

If you must leave home, the best way to protect yourself is not by wearing a mask, but by maintaining physical distancing measures - that is, staying 1.5 to 2 metres apart. Where this is not always possible, a mask could provide some protection. But what type of mask? Surgical masks and those purchased from chemists are the most appropriate, however, research has shown that even homemade masks could be adequate, and are better than not wearing a mask at all. Cloth masks will need to be washed regularly in soapy water. If you don't have a mask, take care to not cough or sneeze on others.

When using gloves, you will need to change them regularly, remove and dispose of them carefully, and wash your hands afterwards.

There is a risk of cross-contamination when using gloves, so, unless it is an at-risk situation, it is better to simply forgo gloves and wash your hands more often.

GOING OUTSIDE

If you live in a private house, it is safe for you to go into your garden or courtyard. If you live in an apartment or are staying in a hotel, it is also safe for you to go into the garden but you should wear a surgical mask to minimise risk to others and move quickly through any common areas.

ADVICE FOR OTHERS LIVING WITH YOU

Others that live with you are not required to be isolated unless they meet one of the

isolation criteria outlined above. If you develop symptoms and are suspected to have coronavirus, they will be classified as close contacts and will need to be isolated.

CLEANING

To minimise the spread of any germs, you should regularly clean surfaces that are frequently touched such as door handles, light switches, kitchen and bathroom areas. Clean with household detergent or disinfectant.

MANAGING THE 14-DAY ISOLATION

Being in isolation can be stressful and boring. Suggestions include:

- Keep in touch with family members and friends via telephone, email or social media.
- Learn about coronavirus and talk with others.
- Reassure young children using age-appropriate language.
- Where possible, keep up normal daily routines, such as eating and exercise.
- Arrange to work from home.
- Ask your child’s school to supply assignments or homework by post or email.
- Do things that help you relax and use isolation as an opportunity to do activities you don’t usually have time for.

MORE INFORMATION

For the latest advice, information and resources, go to www.health.gov.au

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**.

The phone number of your state or territory public health agency is available at www.health.gov.au/state-territory-contacts

There has been a lot of mixed messages surrounding the use of masks and their effectiveness. If you are well, there is no need to wear surgical masks at home. Where possible, arrange for others to deliver your food and necessities. For more information about when to wear a mask, visit: www.health.gov.au/covid19-resources



HOW TO WEAR A MEDICAL MASK SAFELY who.int/epi-win

Do's →

- Wash your hands before touching the mask
- Inspect the mask for tears or holes
- Find the top side, where the metal piece or stiff edge is
- Ensure the colored-side faces outwards
- Place the metal piece or stiff edge over your nose
- Cover your mouth, nose, and chin
- Adjust the mask to your face without leaving gaps on the sides
- Avoid touching the mask
- Remove the mask from behind the ears or head
- Keep the mask away from you and surfaces while removing it
- Discard the mask immediately after use preferably into a closed bin
- Wash your hands after discarding the mask

Don'ts →

- Do not use a ripped or damp mask
- Do not wear the mask only over mouth or nose
- Do not wear a loose mask
- Do not touch the front of the mask
- Do not remove the mask to talk to someone or do other things that would require touching the mask
- Do not leave your used mask within the reach of others
- Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

EPI·WIN

CORONAVIRUS – HELPFUL TIPS



WASH YOUR HANDS FREQUENTLY

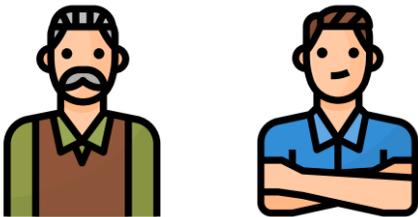
Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

WHY? These will kill viruses that may be on your hands.

MAINTAIN SOCIAL DISTANCING

Maintain at least 1.5 metres (3.5 feet) distance between yourself and anyone who is coughing or sneezing.

WHY? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain a virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.



AVOID TOUCHING EYES, NOSE AND MOUTH

While it may seem a hard habit to break, it is important to make every initiative to avoid touching your eyes, nose and mouth.

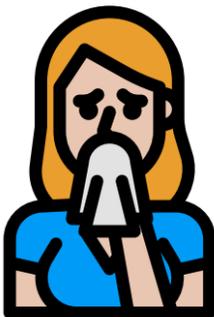
WHY? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.



PRACTICE RESPIRATORY HYGIENE

Make sure you and the people around you follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

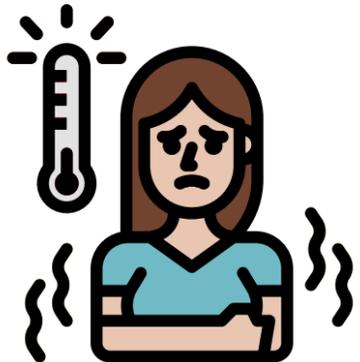
WHY? Droplets can spread viruses. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

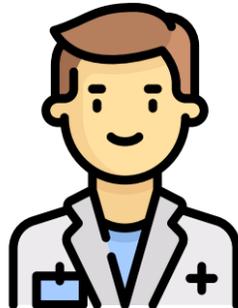
WHY? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent the spread of viruses and other infections.



STAY INFORMED AND FOLLOW ALL ADVICE GIVEN BY YOUR HEALTHCARE PROVIDER

Stay informed on the latest developments about COVID-19. Follow all advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

WHY? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.



BE SAFE FROM #CORONAVIRUS

If you are 60+ or if you have an underlying condition like cardiovascular disease, respiratory condition, or diabetes, avoid crowded areas or places where you might interact with people who are sick.



Source: World Health Organisation



EVERYTHING YOU NEED AT HOME IF YOU ARE SELF-ISOLATED

Having sensible things in your fridge and pantry is a must during a self-isolation.

Whether you have decided to self-isolate because you may have been exposed to coronavirus (COVID-19), or your community has been locked down because of the pandemic, having the right supplies will be your best bet for comfortably making it through quarantine.

To help you prepare for a potential quarantine, we've looked into exactly what you need – and don't need – for an extended stay at home. Here are our recommendations.

WHAT YOU SHOULD BUY

Most of the supplies you may need are the same sorts of food, personal grooming, and cleaning supplies you may already include in your weekly shopping list. However, it's good to double-check that you have all of these items.

FOOD

You will need non-perishable food for every member of your household. It's smart to buy foods that you and your family routinely eat. If you don't end up eating all of your canned, pantry, and frozen foods as part of your self-quarantine plan, you can incorporate them into your weekly meal plans down the road.



Check your pantry; you may want some of the following items:

1. PANTRY ITEMS

Canned Goods

...are all great choices, due to their long shelf-life.

- soups
- baked beans
- stews
- spaghetti
- tinned tuna or salmon
- fruits
- vegetables

Condiments & Sauces

...all have long shelf-lives and do well under refrigeration after they're opened. They will help make your meals more enjoyable.

- tomato sauce
- vegemite
- peanut butter
- pasta sauce

Dry Goods

...are excellent sources of carbohydrates, protein and fibre that remain shelf-stable for long periods of time.

- pasta
- cereals
- noodles
- rice
- beans
- instant potatoes

Beverages

If you are drinking out of a can, washing the top before taking your first sip is a good idea.

- coffee
- juices
- tea
- other beverages

Milk & Milk Alternatives

- milk
- long-life milk
- condensed or evaporated milk
- milk alternatives – coconut, soy, rice, or almond milk

Hot Cereals

Oats or instant oats for a quick, hot breakfast that requires nothing more than boiled water and a few moments of your time to make.

Snacks

...help to pass the time while gaming, watching TV, playing cards and board games, doing jigsaw puzzles or reading a book.

- potato chips
- sweets
- popcorn
- dried fruit
- chocolate
- nuts
- protein bars



2. FREEZER ITEMS

Frozen Foods

...can provide a welcome, nutritious addition to meals prepped from the goods in your pantry.

- frozen meats
- bread
- vegetables

Pre-Made Meals

Frozen meals can be a massive win if you become too sick to cook for yourself

Frozen Treats

...are a great morale booster – something you just might need after being at home for a few weeks.

- ice-cream
- frozen yoghurt
- popsicles
- other frozen sweets

Be careful when dealing with the delivery person. Either see if they will leave the items at your door, or cover your nose and mouth while answering, to ensure limited exposure between you and the delivery person and then wash your hands.

PET PRODUCTS

Pet Food: Stock up on fresh, frozen, canned and dried food for your pets.

Pet Medication: If your pets require regular medication, make sure they have enough to last the quarantine period.

Mobile Vet Service: There are now a number of vets who will visit your pet at your home.



PERSONAL HYGIENE

Wash your hands for at least **20 seconds** with hot, soapy water, to help fend off the contraction and spread of coronavirus. That said, there's more to keeping clean than scrubbing your hands. During the days that you will be housebound, you will want to make sure that you have adequate personal grooming and hygiene supplies.

But first, let's talk about hand sanitiser. If you are stuck at home under quarantine, you don't need hand sanitiser as you can wash your hands with soap and water in your kitchen or bathroom, which is more believed to be effective than hand sanitiser. The only time that you should rely on hand sanitiser is in situations where soap and water are not readily available – such as after a ride on public transport. If you insist on having hand sanitiser and can't find it, a number of breweries have also started making hand sanitiser.

Consider adding these items to your self-quarantine shopping list:

- **Bar or Liquid Soap:** Just like a flu virus, coronavirus is protected by a shell composed of lipids (a fancy word for fats or oils). Washing with hot water and soap will whisk away any traces of the virus on your hands, in much the same manner as scrubbing a dirty frying pan with a washing-up liquid helps remove grease. You can invest in soap with additional anti-viral properties, but any hand



soap will get the job done. For those with Eczema and skin sensitivities, repeated handwashing can become uncomfortable. Eczema Association Australasia suggests using lukewarm water and a soap substitute, remembering to rinse your hands thoroughly and ensure you thoroughly dry. Protect your hands with a barrier cream, and avoid using gloves for longer than 20 minutes at a time.

- **Tissues:** If you've contracted COVID-19, your symptoms may include a dry cough, fever, and shortness of breath. However, you could still wind up with a runny nose due to seasonal allergies or getting sideswiped by the flu or cold. Having

tissues on hand will make for a more comfortable time confined to your home.

- **Toilet Paper:** This one is self-explanatory. Make sure you have the rolls you need but, resist the urge to purchase more than you require.
- **Bathroom Sundries:** Make sure that you have enough razors, shaving cream, shampoo, and toothpaste on hand to help you pass through your time in quarantine with a little grace.
- **Sanitary Items:** If you use tampons, pads, or incontinence items on a regular basis, you should ensure that you have enough.

SANITATION

COVID-19 can survive on some surfaces for as long as two or three days. So, it's a good idea to routinely clean and sanitise your living area before, during, and after your quarantine.

Disposable Antibacterial Wipes:

Disposable antibacterial wipes are a great choice for cleaning hard surfaces like countertops, bathroom sinks, and doorknobs.

Disinfectant Spray: You can use a multi-surface cleaner, which can be used on hard surfaces, just like disinfectant wipes. However, it can also be used to disinfect soft surfaces like clothing, bedsheets, and furniture.

Disinfectant Cleaner: To clean floors, walls, bathtubs, or other fixtures in your home, we suggest a cleaner like a heavy-duty cleaner disinfectant concentrate, which is a disinfectant and deodoriser that, when diluted in water, can be used to clean most hard surfaces in your home.

Household Chlorine Bleach: If cleaning supplies are in short supply, use chlorine bleach and water to sanitise your home. Start by washing the surfaces in your home with soap and water. Next, using a solution of 1/2 cup of household chlorine bleach added to 9 litres of water (a bucket), spray, mop, or wipe down the surfaces in your home.

Paper Towels: Disposable paper towels are a smart product to use as part of your COVID-19 cleaning practices.

Disposable Gloves: It's a smart idea to protect your hands from the harsh cleaning products, or if you're caring for a sick family member.

ACCESSING MEDICAL SERVICES & MEDICATION

COVID 19 TELEPHONE LINES – 1800 020 080

For medical advice on coronavirus (COVID-19), call the Australian Government Department of Health Coronavirus Health Information Line. The line operates 24 hours a day, seven days a week – 1800 020 080. If you require translating or interpreting services, call 131 450.

SYMPTOM CHECKER

There is also an online symptom checker run by the government, which can be found at <https://www.healthdirect.gov.au/symptom-checker/tool> It is very easy to use.

However, if you think that you've come in contact with coronavirus, call your GP or local hospital, as soon as you can.

TELEHEALTH ARRANGEMENTS

People can now access bulk-billed telehealth consultations for a range of appointments, including with the following practitioners:

- GPs
- Psychologists
- Midwives
- Nurses
- Psychiatrists
- Paediatricians, speech pathologists, physiotherapists and occupational therapists for services for children with developmental delays
- Aboriginal and Torres Strait Islander Health Practitioners
- Social workers and dieticians for eating disorders

You have to be located in Australia, be eligible for Medicare and not be an admitted patient to a hospital.



DON'T NEGLECT YOUR MEDICAL HEALTH

The Australian Government is urging all people with chronic health conditions to not neglect their regular health care and to continue to see their general practitioner or specialist about the management of their conditions.

If you have a regular follow up appointment booked with your doctor, please contact your medical practice to see if this can be carried out using a telehealth consultation, (by telephone or video call), or if you need to see your doctor for a face-to-face consultation.

If you are taking regular medication for management of a chronic condition, it is essential that you continue to take your medication. If you run out of medication, please contact your doctor or your local pharmacy to arrange a repeat prescription.

GETTING MEDICATIONS DELIVERED

Many pharmacists have home delivery arrangements and you should speak with your pharmacist to see what is available.

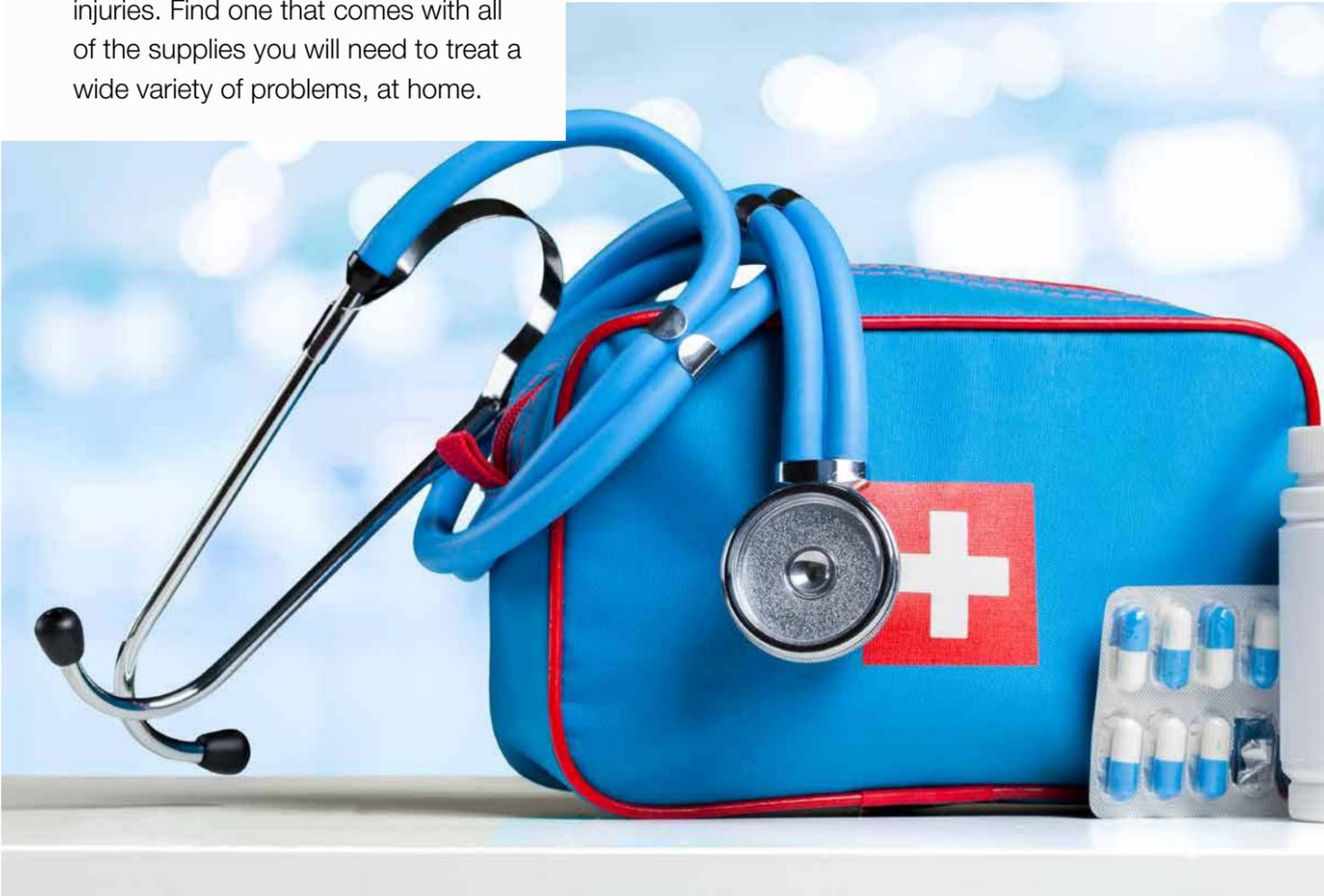
Pharmacies have recently been able to offer customers free monthly delivery of under 500 grams of medication and other essential supplies using the Australia Post Express Post network and will be able to claim the cost through a government rebate.

Australia Post says the new delivery option is designed to support vulnerable Australians, including those isolating themselves at home, people over 70 and people with chronic health conditions.

FIRST AID

During a pandemic, the medical help that we can readily access, most of the time, could be overwhelmed and unable to help you quickly. So, consider the following:

- **First Aid Kit:** Investing in a well-stocked first aid kit can save you the stress of attempting to access limited medical help if you only have minor injuries. Find one that comes with all of the supplies you will need to treat a wide variety of problems, at home.



- **Prescription Medications:** If you use prescription medications, be sure to maintain an adequate supply. In case having your prescription refilled proves difficult, make contact with your pharmacy and let them know.
- **Pain and Fever Relievers:** A high fever is one of the main symptoms of coronavirus. So, be sure to have enough paracetamol fever reducers on hand. You will also find it useful for reducing the discomfort that comes with the constant dry cough. Anti-inflammatories like ibuprofen and cortisone could aggravate coronavirus and should be avoided at this time.
- **Humidifiers:** Humidifiers can help relieve symptoms like a sore throat and cough.

The health system is the public system under the greatest amount of pressure and the above processes will hopefully prepare us in some ways for the challenges ahead.

ORGANISING FOOD DELIVERY TO YOUR HOME

Nobody likes to cook all of the time, and when you have been preparing meals every day, multiple times a day, treating yourself with a break can do wonders for morale. There are a slew of businesses that will deliver great meals right to your front door. Here are just some of the delivery services available - the variety is unbelievable!

ONLINE FOOD ORDERING & DELIVERY

All across the country, meal delivery services and restaurants are bringing food right to your door. The four most well-known food delivery services are Meals on Wheels, Uber Eats, Menulog, and Deliveroo, spanning a wide range of locations and restaurants. The Meals on Wheels team not only help Aussies across the country to enjoy delicious and nutritious meals, they also check on their client's wellbeing - all for an affordable price. With app meal delivery services, no cash is needed, with the app connected to your PayPal or credit card. Your delivery person can also leave your items outside your door to avoid unnecessary contact.

MEALS ON WHEELS

www.mealsonwheels.org.au

UBER EATS

www.ubereats.com

MENULOG

www.menulog.com.au

DELIVEROO

www.deliveroo.com.au

RESTAURANTS

With dining-in at food establishments no longer permitted, cafes and restaurants have instead embraced the opportunity to serve their loyal customers with take-aways and deliveries. The best way to find out if one is offering this service is to give them a call.





MEAL KITS

Self-isolation is the perfect time to hone your cooking skills. Companies like Marley Spoon and Dinnerly give you all of the ingredients you need to make amazing dishes for you and your family.

MARLEY SPOON

www.marleyspoon.com.au

DINNERLY

www.dinnerly.com.au

PRE-PACKAGED FROZEN MEALS

Savour the convenience with pre-prepared healthy meals thanks to Gourmet Meals, Lite'n'Easy, and Chefgood. There are large varieties to choose from, with something for every taste, and all able to be cooked within minutes, or even eaten fresh. With menus full of dishes curated by professional chefs, it's not just fast food, it's good food.

THRIVE MEALS

0410 156 657

GOURMET MEALS

1300 112 112

LITE'N'EASY

13 15 12

CHEFGOOD

www.chefgood.com.au

FRUIT ONLY

Being stuck inside doesn't mean forgoing fresh and healthy meals. Fruit Only delivers quality baskets and gift hampers, with delivery Australia-wide. **1300 378 486**

If anyone is finding it difficult to get food supplies, please feel free to ring

1800 531 888.

We will connect you to the right organisation in your area to help you.



GROCERIES

With the rise of 'panic buying', it is becoming harder to find the items you want at traditional grocery stores. While initially Woolworths and Coles were forced to suspend the majority of their home deliveries with the exception of those especially vulnerable, they are now re-launching this service. Woolworths stores are still offering Priority Assistance to their most vulnerable customers, as well as creating the 'Basics Box', which is delivered and comes with a range of essential products, all for \$80. Like these and other businesses, Coles is also offering 'contactless delivery', with items packaged in reusable bags, and able to be left outside your home for you to collect. For those who favour other grocery stores, **IGA** are also including delivery to many customers. **Meals on Wheels, Australian Red Cross**, and other organisations are also stepping in, and can ensure you get everything you need.

Another option is asking **your local green grocer** and **butcher** if they are able to organise delivery. This can ensure you get your favourites, while still keeping a local business in operation.



CORONAVIRUS – HOW LONG DOES IT LAST ON SURFACES?

One good thing about viruses is that they can only reproduce when they're inside another cell.

Without a host to live in, this new coronavirus that causes COVID-19 will eventually just peter out because it can't copy itself to survive, said immunologist Stuart Tangye of the Garvan Institute of Medical Research.

But research published in The New England Journal of Medicine found that SARS-CoV-2 can still survive for hours and in some cases days, outside a host, depending on the type of surface it's on.



The study looked at the stability of the virus in air and on plastic, stainless steel, copper, and cardboard surfaces.

Under experimental conditions, it found that the virus remained viable in air for the entire three-hour experiment.

On surfaces, it was more stable on plastic and stainless steel, than it was on either copper or cardboard.

No viable SARS-CoV-2 was detected on the copper surface after four hours, and on the cardboard surface after 24 hours.

Whereas it was still able to be detected up to 72 hours later on the stainless steel and plastic surfaces.

"[The researchers] did a pretty good study considering the different types of surfaces that we would encounter on a day-to-day basis,"

“

**WHEREAS IT
WAS STILL ABLE
TO BE DETECTED
UP TO 72 HOURS
LATER ON THE
STAINLESS
STEEL AND
PLASTIC
SURFACES.**



SOAP, BLEACH, ALCOHOL-BASED HAND SANITISERS, THOSE ALCOHOL SPRAYS, THESE ARE REALLY DISRUPTIVE TO THE VIRUS.

Professor Tangye said, from the plastic seat you might sit on in the train, the stainless door handle on your office door, to the cardboard packaging you receive a parcel in.

“If it’s something like cardboard or something more absorbent, that could influence how long the virus could hang around for,” he said.

“Alternatively, that could also reflect the presence of other factors that might be on those surfaces that would contribute to the breakdown of the virus.”

For example, on the surface of your skin (which the study didn’t look at) you’ve got hair and also oils that could affect the stability of the virus.

WHAT DOES THIS MEAN FOR YOUR RISK OF GETTING INFECTED WITH CORONAVIRUS?

It’s important to be aware of the common surfaces you’re going to encounter when you go to the shops, or when you’re on a bus holding onto the rail.

People who have COVID-19 and may not realise it if they don’t have symptoms at that time, or if their symptoms are mild, can still leave traces of the virus behind.

But just because viable virus particles can be found on a plastic surface for up to three days, doesn’t mean your risk of infection stays the same over that time period.

There is a risk of infection, Professor Tangye said, but it’s diminishing every minute since the virus was put there, because of the breakdown of the virus on the surface over that time.

For example, the study found the median half-life of SARS-CoV-2 on plastic was 6.8 hours, meaning that 6.8 hours after it first got on the plastic surface there was half as much there as there had been at the beginning.



WHAT CAN YOU DO TO PROTECT YOURSELF FROM CORONAVIRUS ON SURFACES?

Professor Tangye recommends cleaning your common household surfaces — like kitchen and laundry benches, your bathroom vanity and taps, kids’ toys — more regularly than you might normally, but he said the current cleaners you’re using are more than enough.

“Soap, bleach, alcohol-based hand sanitisers, those alcohol sprays, these are really disruptive to the virus,” he said.

“It doesn’t really stand a chance in the face of these sort of cleansers which is great for us, some viruses are very hard to get rid of, but this one is pretty flimsy in that context.”

And while frequently washing your hands is great, don’t forget those other common surfaces you’re touching that may not have received the same kind of attention.

“It’s sort of pointless to wash your hands all the time, then to come back and sit down at your keyboard that you probably haven’t cleaned equally feverishly,” Professor Tangye said.

IN SELF-ISOLATION? HOW TO KEEP OCCUPIED

With older Australians being the most at-risk from the effects of the Coronavirus, many of us could well be in self-isolation at some stage. What do you do when you are at home, away from people, and cannot go about your usual routine?

Here's a list of interesting things to do that can keep you occupied while you are in self-isolation mode.



SOCIAL MEDIA, TV & STREAMING SERVICES, READING

Luckily, the digital world allows us to keep engaged with our friends and loved ones through social media and entertainment channels.

Do you have a list of movies you have always wanted to catch-up on or books you have always wanted to read, but haven't had the time due to your daily schedule? This period of self-isolation is a great time to watch some interesting shows and movies during the day.

With the technology available to us today, you can keep in touch with your friends and family through your social media accounts and mobile phones to make up for the lack of in-person socialising.

MIND GAMES

We all have a limit as to how long we can be passive, possibly watching TV and streaming services. But sooner or later, the mind demands more active stimulation. How about

using your mobile phone to play a couple of mind games to keep your mind interested and active?

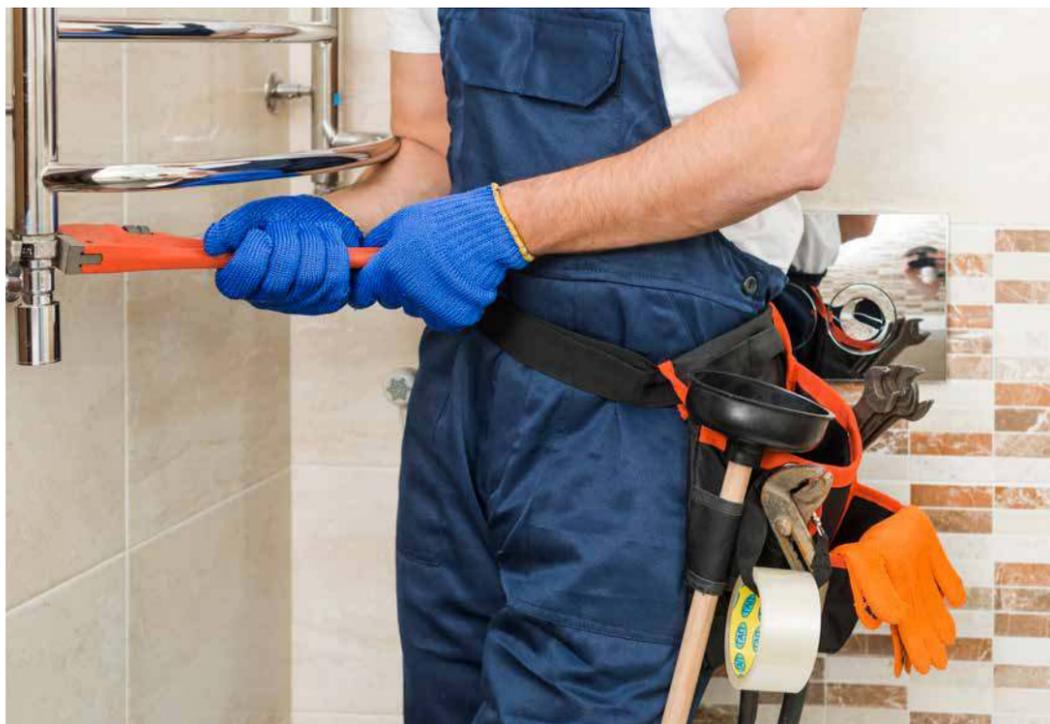
Simply Google 'Mind Games' to find a whole variety of games such as crosswords, sudoku, word searches and so on, with varying degrees of difficulty.

Looking for even more of a challenge? There are some online services which now allow you to build your own puzzles, jigsaws and the like.

EXERCISE & MEDITATE

Gyms in the country have shut their doors to prevent social gatherings. But, that shouldn't stop you from exercising. You can follow YouTube videos of instructors who are live-streaming their classes. If you wish to meditate, this is a great time to do so!





GET EDUCATED & EDUCATE OTHERS

Do the courses online that you never had time to do, but always felt like you should. Learn new skills or do an online language course. Thousands are available.

If you have a skill or experience that you can share with others, this could be the time to put your knowledge to use and develop an online course of your own.

ARTS & CRAFTS

With the amount of time spent at home, it may be a great idea to pursue a hobby. How about getting all of those art and craft materials out that have been at the bottom of some drawer, and make something creative and fun during your time in self-isolation?



HOME REPAIRS

Unless very urgent, we tend to put-off home repairs for a long time. If you have been doing so, grab those tools and get those home repairs sorted out while you are at home for a few days.

DE-CLUTTERING

As we go about our lives, we rarely slot in time to declutter and organise our shelves, wardrobes, kitchen cupboards etc. With so much time on your hands now, you can begin to do a room-wise decluttering. Keep what you need and segregate what you don't! Let's get into the Marie Kondo spirit!

EXPLORING NEW RECIPES

If you love cooking and wish to learn a few recipes to feed your family, this may be a good time to do so. Not only are you and your family at home, but you've got lots of time too! Get out those cookbooks and online recipes and don your chef's hat to explore new recipes for you and your loved ones!

The global situation is grim, but being self-isolated has its plus points! You get to stay at home longer, do things you've been wanting to do but couldn't due to your daily routine and lead a normal life indoors! If you have more ideas to share with us and the community, do write to us!

STAYING PHYSICALLY HEALTHY IN SELF-ISOLATION

KEEPING PHYSICALLY ACTIVE

With self-isolation, you may be at home even though you are physically healthy and it is important to stay that way.

Many of us have a designated time for physical activities throughout the day, such as working out, exercising, going to the gym or going for a walk! But, with the social and physical isolation measures in place, we aren't able



to continue with these activities in exactly the same way we did before. So here's a list of things you can still do.

YOUR 8-STEP GUIDE TO STAYING PHYSICALLY ACTIVE

▪ Eat Healthy

Staying physically healthy has two major components– eating healthy and exercising regularly.

While you spend time in self-isolation, get those cookbooks out and try your hand at some healthy recipes that you've been meaning to try for a long time. Not only does this ensure you are physically healthy,

and not putting on too much weight which will later be difficult to shed, but nutritious food also helps boost your immunity and keeps you feeling positive throughout the day!

As an added bonus, cooking a good meal helps you stay mentally healthy, which plays an important role in your physical well-being!

▪ Exercise

Staying at home doesn't mean you can't get your daily dose of workouts, does it? There are many exercises that you can do indoors or in your backyard while practicing social distancing and self-isolation.



Use online videos and live streaming videos from various health experts to continue working out and staying fit!

- **Try New Routines & Systems**

Perhaps you're a long distance runner or a swimmer, or perhaps veterans' sport or a game of golf is how you normally stay fit. You may not be able to do these things, but instead of being frustrated about it, this could be the perfect opportunity to try something different that does not require other people - yoga, Taichi, strength exercises or Zumba.

There are many exercise programs available through YouTube or exercise apps that you can download.

If you do have a partner in your household, try to do your exercise routines together and get that team spirit going. You could also try an indoor sport such as table tennis.

- **Spread Your Physical Activities Throughout The Day**

Doing some physical activities, spaced out throughout the day, can help your body stay active and keep your mind focused on and engaged on physical activity for long periods in the day. This is better than doing all your activity in one shot and then being sedentary for hours on end.

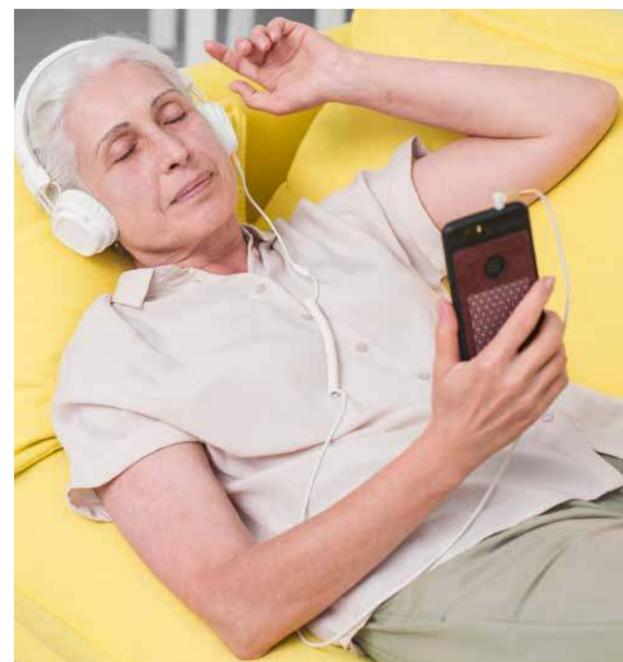
- **Get Some Fresh Air**

If you have the space, take a walk in your backyard or garden as the fresh air creates positivity and optimism in your mind and this is also good for you physically.

- **Get Enough Sleep**

We need to sleep every day, as a reset button to our day and help our bodies get the much needed rest to repair. But, now that we are all home-bound with significantly reduced activity, many of you may be struggling to get good sleep.

In order to stay healthy and physically fit, we must continue to sleep well and for an adequate amount of time. In order to do this, creating a routine is essential where you eat, sleep and wake up at a fixed time.



- **Remember to Take Medications as Usual**

If you are taking medications for pre-existing conditions, you must carry on with these. While many of you may be worried about the stock of your medications, do not panic as essential services and pharmacies will continue to function.

However, keep some medications you may need in an emergency in stock at home to tide you through this period of self-isolation.

- **Supplements**

Many of us take nutrient supplements during our day. It may be a good idea to continue taking these supplements and keep a stock of them during self-isolation.

In times like these, it is absolutely essential to stay physically and mentally healthy.

KEEPING OUR MINDS HEALTHY

“There is no place like home”, they say. It is indeed the safest place in the world for us, isn't it? But, if you feel stuck at home and unable to go out as we are at present, then staying at home 24/7 can seem quite daunting and it can take a toll on our mental health.



EFFECTS OF ISOLATION: THE MENTAL STRESSES

Here are some mental health effects that you can expect in these critical times due to self-isolation and social distancing.

- **Fear of Infection:** It is not unnatural for you to develop a fear of being infected by the Corona Virus. It is natural for you to worry about your own health and those of your kids, parents and loved ones.
- **Panic About Inadequate Supplies:** In times like these when everything is shutting down, essential services continue to serve us all. But, many of us may tend to panic fearing inadequate supplies at home for this uncertain period of lockdown.

- **Frustration and Loneliness:** We love to meet and interact with others –friends, family, colleagues, neighbours, etc. But, the inability to do so for an uncertain period of time can become frustrating.

If you are self-isolating literally on your own then deep loneliness is a real possibility

- **Boredom:** We all have our own schedules, activities and routines that keep us busy on a normal day. Having to change them or cut out most of these routines can result in boredom. Excessive boredom can cause frustration and changes in your behaviour as well.
- **Anxiety About Financial Loss:** This pandemic is expected to have long lasting effects on the global economies. This can make you worry about your finances, retirement funds, loans, rent and even paying for food.
- **Depression:** The list of things that can affect your mental wellbeing and balance during isolation is grim indeed and heightens the risk of depression.

While many of us understand the implications of isolation and social distancing on our mental health, here are a few symptoms you can watch out for:

- You may notice changes in sleeping and eating patterns where you find it difficult to sleep or tend to eat less or more than usual
- Due to disturbing thoughts that cross your mind, you may find it difficult to concentrate on tasks at hand

- The fear and anxiety about contracting the disease can make you paranoid about your own health
- You may feel a sense of helplessness many times during the day as you realise you are not allowed to do certain things you wished you could do. The lack of freedom can trigger this sense of helplessness.

WAYS TO KEEP YOURSELF UPBEAT

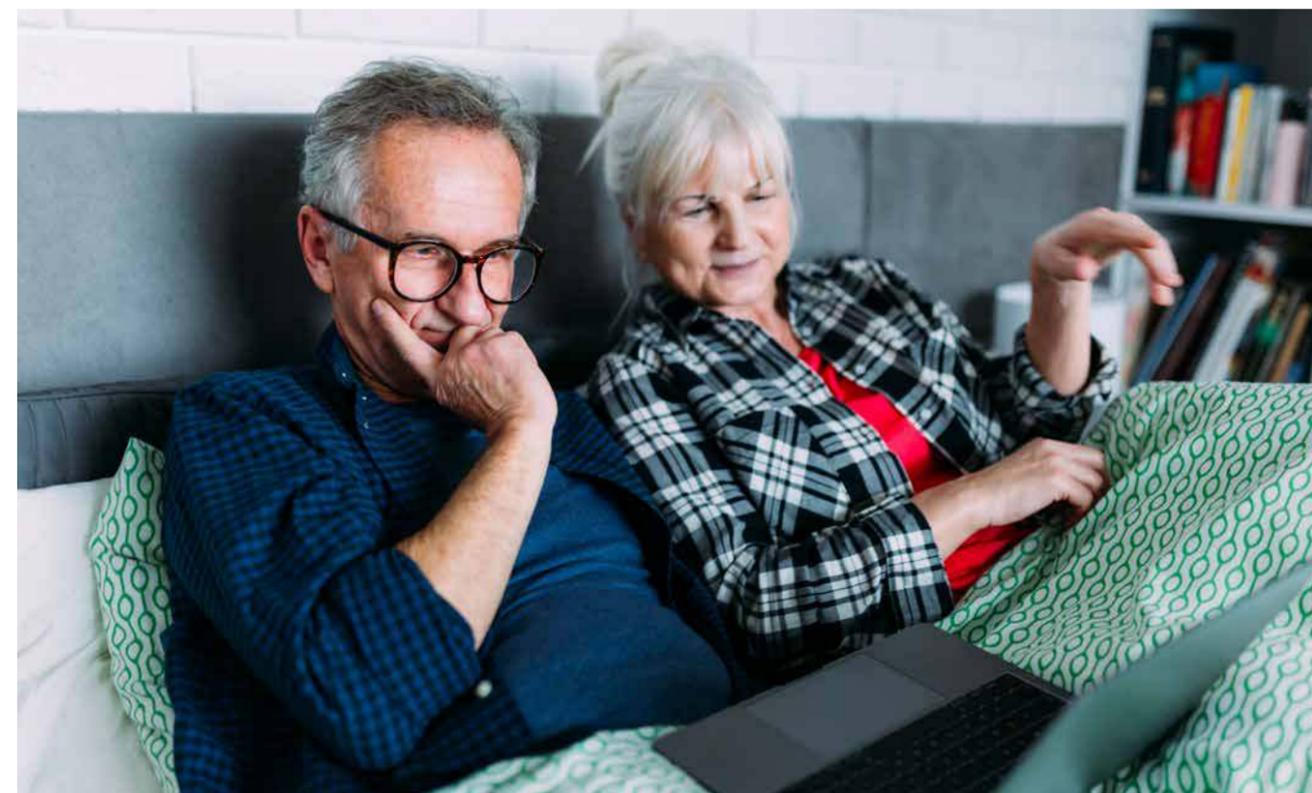
Yes, these times are trying but that doesn't mean you let it affect your mental health and well-being. The first thing to remember is this is just temporary and we are going to come out of this victorious and healthy!

Here are a few things you can do to stay upbeat during these times.

- **Take One Day at A Time**
Probably the best thing you can do is not look at how long you are going to be home-bound. Take one day at a time, and it becomes easy to get by.
- **Staying Positive**
Staying positive keeps us happy and helps us stay optimistic. There are many ways you can do this– focus on the good things in life, limit your access to news to a few times a day, avoid excessive social media that talks about the number of cases or death toll etc.

Appreciate what you have achieved in life and be thankful for what you have! Make these thoughts a routine to stay positive.

- **Keep Yourself Engaged**
No matter what you do, during this period of isolation, it is extremely important that



you keep yourself engaged. While most of us cannot go to our workplaces or carry on with work as usual, we must turn to other ways to keep ourselves busy and engaged.

It could be writing that blog you always wanted to, knitting that sweater, trying out recipes from a cookbook you bought a long time ago, re-discovering the artist in you and the list is just endless. The bottom line is keeping yourself engaged takes your mind off the negative aspects of being in isolation.

Many activities such as yoga, meditation and exercising can help boost our mind and give us the much-needed positivity and keep us healthy too! Most of these activities give us a sense of accomplishment and create a feeling of optimism and positivity within us.

- **Bonding Time with Loved Ones**

Our daily routines prior to this pandemic left us little time to sit together as a family and bond with them. Now that you are home-bound, it may be a good time to let those conversations with your loved ones take over. Face to face if you are in the same house or online if you are isolating at different locations.

Seeing people, albeit digitally, brings about positivity and this will help us sail through.

There is no doubt about the concerns many of you have regarding the effects of isolation and social distancing on our mental health. But, this can be managed well with small steps every day! If you wish to share your feelings, speak to a loved one and continue maintaining your support networks. This too shall pass!



QUICK GUIDE - THINGS TO DO ON-LINE



ENTERTAINMENT

Netflix is available on 24/7 with a vast array of movies and series to watch.

[Netflix.com/au/](https://www.netflix.com/au/)

Streaming service Stan is offering a 30 day free trial.

<https://www.stan.com.au>

Amazon Prime have a free trial period of 30 days and then after that it is \$6.99 per month.

<https://www.primevideo.com/>

The Met is providing free streaming of selected operas you can watch from around the world. <https://www.metopera.org/nightly-opera-stream/>

Videos on any subject you can think of are available on YouTube.

<https://www.youtube.com/>

Disney Plus offers a 7 day free trial for their streaming service. <https://www.disneyplus.com/en-gb/>

READING

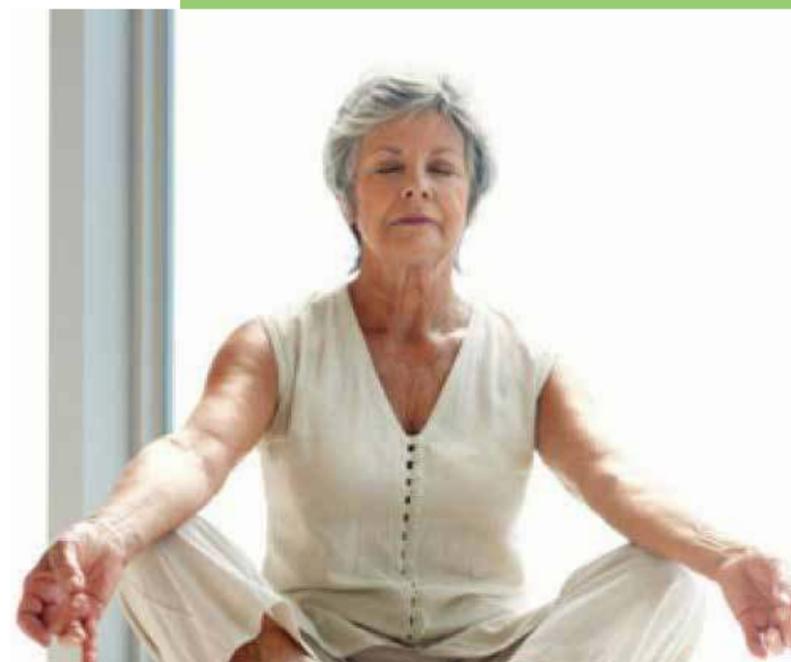
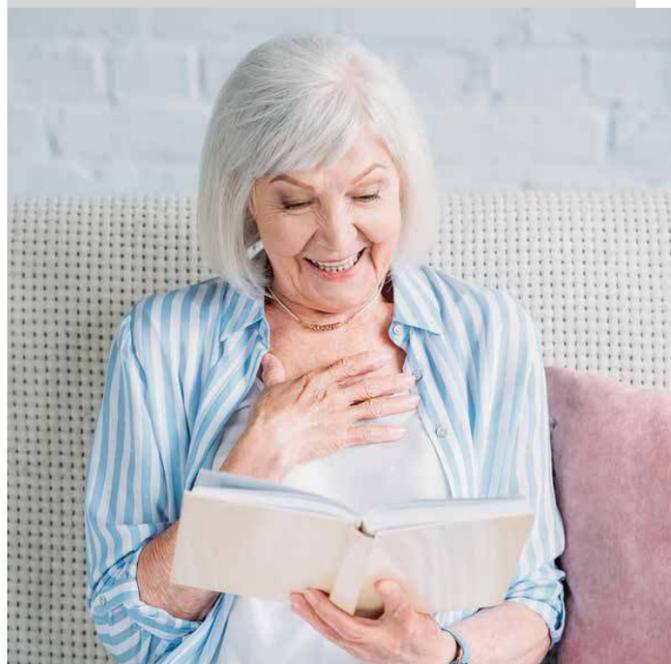
Libraries are allowing you to choose from a variety of ebooks and audio books to read on your computer, phone, tablet, e-reader or other portable device. Contact your state library or local library, several are offering temporary membership.

Scribd gives a 30 day free trial to read its books and listen to audio books

<https://www.scribd.com/?lohp=2>

Audio book provider Audible offers a 30 day free trial and it will go into payment mode after that.

<https://www.audible.com.au/>



EXERCISE

Fitness buff Chris Hemsworth is treating us all to six weeks of his Centr app for free. It provides workouts you can do at home

<https://centr.com/join-us>

Golds Gym is offering free access to hundreds of workout videos and audios until the end of May 2020

<https://www.goldsgym.com/anywhere/?fbclid=IwAR3MNCgHmDH4EFzNleK6TKdq3lhwtXAepVceSqTqNtVaZjbtul92P3DheY>

LiveWellClub. There is also a collection of selected exercise videos on

<https://livewellclub.com.au>

LEARNING

Coursera has a whole catalogue of free high quality courses that you can take on-line. The courses are of varying length and dozens of interests.

<https://www.coursera.org/>

Another popular learning portal is Udemy, also with hundreds of courses.

<https://www.udemy.com>

CROSSWORDS, GAMES AND BRAIN TEASERS

LiveWellClub. We have a selection of popular on-line games and crosswords that you can do online on the livewellclub for free.

www.livewellclub.com.au



SUPPORT INFORMATION YOU MUST HAVE

There is a lot of information regarding the Coronavirus, with much of it being updated or revised by the day. This can be quite confusing and overwhelming. Here we have collated state-specific telephone numbers in order for you to obtain the most up-to-date information.

In addition to these phone numbers, if you suspect you have Coronavirus, you can also visit your local GP, hospital, or fever clinic, however, it is vital to call them ahead of time to discuss special measures to ensure no other patients or staff become infected.

Please note, the non-hospital testing facilities listed here will change quite regularly, according to the demand. In some of these cases, patients will also need a pathology Request Form from their doctor in order for a test to be conducted.

NATIONAL

Emergency	000
National Coronavirus Health Information Line	1800 020 080
National Coronavirus Health Information Line for those who require translating or interpreting services	131 450
Hotline for people with symptoms	1800 022 222
Australian Government Department of Health	1800 020 103
Lifeline Australia (for anxiety)	13 11 14
Kids Helpline (for anxiety)	1800 551 800



Older Person's COVID-19 Support Line

- Are you confused by what COVID-19 means for you? Is social distancing making you feel isolated or alone? Call the support line to speak with a friendly professional who is there to help.

1800 171 866

QUEENSLAND

13 HEALTH **(13 43 25 84)**

Australian Red Cross

1800 RED CROSS **(1800 733 276)**

Community Recovery Hotline (for those unable to organise the delivery of essential food and medications) – **1800 173 349**

Queensland offers testing at the following venues:

Gold Coast University Hospital/Robina Health Precinct	1300 744 282
Sunshine Coast University Hospital	(07) 5202 0000
Brisbane's Princess Alexandra Hospital	(07) 3176 2111
Royal Brisbane and Women's Hospital	(07) 3646 8111
Drive-through testing at Caloundra Health Service's Minor Injury and Illness Clinic	(07) 5436 8500
Drive-through testing at Toowoomba's Baillie Henderson Hospital	(07) 4616 6000

The **Queensland Government** is setting up a **Care Army**. Volunteers will be matched with seniors to help out in your needs. Whether you need food delivery, medicine pick-up, or companionship, this buddy-system is there to help you. To access this service, call the Community Recovery Hotline

1800 173 349

NEW SOUTH WALES

NSW Mental Health Line (for Coronavirus-related anxiety) **1800 011 511**

New South Wales Communicable Disease Centre **1300 066 055**

New South Wales offers testing at the following venues:

Balmain Hospital	(02) 9395 2111
Bathurst Base Hospital	(02) 6330 5000
Blue Mountains Hospital	(02) 4784 6500
Broken Hill Health Service	(08) 8080 1300
Campbelltown Hospital	(02) 4634 3000
Dubbo Base Hospital	(02) 4634 3000
Hornsby Ku-ring-gai Hospital	(02) 9477 9123
John Hunter Hospital	(02) 4921 3000
Lismore Base Hospital	(02) 6624 0200
Lithgow Hospital	(02) 6350 2300
Liverpool Hospital	(02) 8738 3000
Mona Vale Hospital	(02) 9998 6300
Nepean Hospital	(02) 4734 2000

Northern Beach Hospital	(02) 9105 5000
NSW Institute of Sports Medicine	(02) 9767 7924
Orange Hospital	(02) 6369 3000
Prince of Wales Hospital	(02) 9382 2222
Royal North Shore Hospital	(02) 9926 7111
Royal Prince Alfred Hospital	(02) 9515 6111
Ryde Hospital	(02) 9858 7888
St. Vincent's Hospital	(02) 8382 1111
Sydney Children's Hospital	(02) 9382 1111
The Children's Hospital at Westmead	(02) 9845 0000
The Tweed Hospital	(07) 5506 7000
Westmead Hospital	(02) 8890 5555

VICTORIA

Coronavirus Hotline **1800 675 398**

Nurse-on-Call **1300 60 60 24**

Nurse-on-Call for those with hearing or speech impairment **1300 555 727**

Victoria Communicable Disease Control **1300 651 160**

Assessment centres have been established at 19 Victorian hospitals.

You don't need to call ahead if you attend one of the following clinics:

The Alfred Hospital	(03) 9076 2000
Albury Wodonga	(02) 6058 4444
Austin Hospital	(03) 9496 5000
Ballarat Base Hospital	(03) 5320 4000
Barwon Health	(03) 4215 0000
Bendigo Hospital	(03) 5454 6000
Box Hill Hospital	1300 342 255
Casey Hospital	(03) 8768 1200
Echuca Hospital	(03) 5485 5000
Kyneton District Health	(03) 5422 9900

Monash Clayton	(03) 9594 6666
Northern Hospital	(03) 8405 8000
Peninsula Health – Frankston	(03) 9784 7777
Phillip Island Health Hub	(03) 5951 2101
The Royal Children's Hospital	(03) 9345 5522
The Royal Melbourne Hospital	(03) 9342 7000
St. Vincent's Hospital Melbourne	(03) 9231 2211
Sunshine Hospital	(03) 8345 1333
Wonthaggi Hospital	(03) 5671 3333

WESTERN AUSTRALIA

Western Australia Communicable Disease Centre - **08 9222 8588** - after hours number **08 9328 0553**

Western Australia Coronavirus Health Information Hotline **1800 300 243**

Western Australia offers testing at the following venues:

Armadale Health Service	(08) 9391 2000
Fiona Stanley Hospital	(08) 6152 2222
Joondalup Health Campus	(08) 9400 9400
Rockingham General Hospital	(08) 9599 4000
Royal Perth Hospital	(08) 9224 2244
St John of God Midland Hospital	(08) 9462 4000
Sir Charles Gairdner Hospital	(08) 6457 3333
Bunbury Health Campus	(08) 9722 1000

ACT

ACT Communicable Disease Centre - **02 6205 2155**

NT

Northern Territory Public Health Unit
08 8922 8044 Mon-Fri daytime

After hours number **08 8922 8888**

For people who need to arrange testing
1800 008 002

Northern Territory offers testing at the following venues:

Royal Darwin Hospital	(08) 8922 8888
Howard Springs (drive-through testing clinic - accessed by appointment only through the NT Centre for Disease Control)	(08) 8983 1096
Palmerston GP Super Clinic	(08) 8919 8919

TASMANIA

Tasmanian Public Health Hotline -
1800 671 738

From mainland states number
03 6166 0712

Tasmania offers testing at the following venues:

North West Regional Hospital	(03) 6493 6000
Mersey Community Hospital	(03) 6478 5500
Statton Building of the Repatriation Hospital	(03) 6166 7763
Launceston General Hospital	(03) 6777 6777

SOUTH AUSTRALIA

1300 232 272

South Australia offers testing at the following venues:

Flinders Medical Centre	(08) 8204 5511
Lyell McEwin Hospital	(08) 8182 9000
Royal Adelaide Hospital	(08) 7074 0000
Women's and Children's Hospital	(08) 8161 7000
Gawler Health Service	(08) 8521 2000
Kangaroo Island Health Service	(08) 8553 4200
Mount Barker Hospital	(08) 8393 1777
South Coast District Hospital	(08) 8552 0500
Ceduna (drive-through testing)	(08) 8626 2110
Repeat Health Precinct (drive-through testing)	(08) 8222 3000
Port Augusta Hospital (drive-through testing)	(08) 8668 7500
Port Lincoln (drive-through testing)	(08) 8683 2200
Whyalla Hospital (drive-through testing)	(08) 8648 8300
Wakefield Plains Medical Clinic	(08) 8862 1444
Booleroo Medical Practice	(08) 8667 2046
Booleroo Centre District Hospital	(08) 8667 2211
Clare Medical - Burra Clinic	(08) 8892 2822
Burra Medical Clinic	(08) 8892 2104
Clare Medical Clinic	(08) 8841 3777
Clare Hospital	(08) 8842 6500
Victoria Road Medical Clinic	(08) 8842 1000

Crystal Brook Medical Practice	(08) 8643 2500
Crystal Brook and District Hospital	(08) 8636 1100
Jamestown Hospital and Health Service	(08) 8664 1406
Laura and District Medical Practice	(08) 8663 3124
Laura and District Hospital	(08) 8663 3100
Maitland Health Centre	(08) 8832 2185
Maitland Central Yorke Peninsula Hospital	(08) 8832 0100
Minlaton Medical Centre	(08) 8853 2001
Yorke town Southern Yorke Peninsula Hospital	(08) 8852 1200
Orroroo and District Health Service	(08) 8658 1200
Peterborough Soldiers' Memorial Hospital and Health Service	(08) 8677 6500
Port Broughton Medical Practice	(08) 8635 2282
Port Broughton District Hospital and Health Service	(08) 8635 2200
Port Pirie Regional Health Service	(08) 8638 1100
Riverton District Soldiers' Memorial Hospital	(08) 8847 2300
Snowtown Hospital	(08) 8865 0100
Walleroo Hospital and Health Service	(08) 8823 0200
Yorke town Medical Practice	(08) 8852 0100
Yorke town Hospital	(08) 8852 0100

STAY UP TO DATE



FEDERAL GOVERNMENT CORONAVIRUS AUSTRALIA APP

In order for the public to obtain the most up-to-date and accurate information regarding the Coronavirus (COVID-19) pandemic, the Federal Government have created a Coronavirus Australia App.

Updated in real-time, Australians across the nation can download it from the Apple App Store or Google Play.

As stated by Prime Minister Scott Morrison, this app will be “a trusted place of advice and information”.

Step 1 - To find the app, go to the Play Store on your Android device or the Apple Store on Mac.

Step 2 - Search ‘Coronavirus Australia’.

Step 3 - Click ‘Install’ and ‘Open’.

Step 4 - Make your way through the sections, including Symptom Checker, Advice, Register Isolation, News & Media, Current Status, and Resources.

UP-TO-DATE INFORMATION WITH WHATSAPP

Keep up-to-date with all of the latest information released by the Australian Government via WhatsApp. Follow these simple steps:

Step 1 - To find WhatsApp, go to the Play Store on your Android device or the Apple Store on Mac.

Step 2 - Download WhatsApp - it’s free!

Step 3 - Add 0400 253 787 and send any message.

Step 4 - Follow the steps to find relevant advice from your state or territory.

ADVICE FROM STATES & TERRITORIES

States & territories provide advice on the status of services like education, public transport, parks & other recreational areas.

Click the link below for your state to get local information

ACT	aus.gov.au/covid19-act
NSW	aus.gov.au/covid19-nsw
NT	aus.gov.au/covid19-nt
QLD	aus.gov.au/covid19-qld
SA	aus.gov.au/covid19-sa
TAS	aus.gov.au/covid19-tas
VIC	aus.gov.au/covid19-vic
WA	aus.gov.au/covid19-wa

Reply 2 or 🗉 for Latest numbers by State & Territory, 0 or 🏠 for Main menu

THE COVIDSAFE APP

What Is It?

The Australian Government has developed an app to help track people who may have come into contact with an infected person. This is vital in containing the spread of the virus. The app is called COVIDSafe.

COVIDSafe uses Bluetooth® technology on your mobile phone to look for other devices with COVIDSafe installed. Your device will take note of contact you've had with other users by securely logging their reference code.

If you or someone you've been in contact with is diagnosed with coronavirus, the close contact information securely stored in your phone can be uploaded and used—with your consent—by state or territory health officials to quickly trace people who've been exposed to the virus.



HOW DOES COVIDSAFE KNOW CLOSE CONTACT HAS OCCURRED?

When two or more app users come into close proximity their phones exchange Bluetooth® signals and make a series of 'digital handshakes'.

The app notes the encrypted reference code, time and proximity of two users, through the strength of the Bluetooth® signals. This allows the approximate distance between the users and the duration the contact occurred to be determined once the information is uploaded to the highly secure information storage system.

The proximity for a close contact is approximately 1.5 metres, for a period of 15 minutes or more.

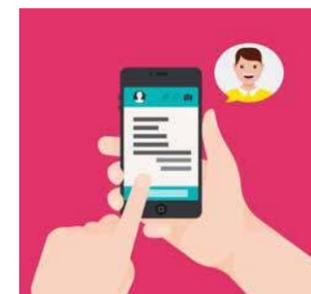
To be effective, you should have the app running on your phone whenever you are coming into contact with people. You will receive daily notifications to ensure the app is running.

HOW DO YOU SET UP COVIDSAFE?

1. Download the COVIDSafe app.



2. Register using a name, mobile phone number, age range and postcode.



3. Turn on Bluetooth®.



4. Check that COVIDSafe is running when you are out or are likely to come into contact with others.

If you test positive for coronavirus, you can consent for your close contact information to be used by state or territory health officials to contact people who may have been exposed.

If you've been exposed to the coronavirus by someone you've been in close contact with, state or territory health officials will be able to contact you quickly so you can get the support you need.

WHY DOES AUSTRALIA NEED COVIDSAFE?

The app will help keep you, your family and your community safe from further spread of coronavirus through early notification of possible exposure.

COVIDSafe is one of the tools we'll use to help protect the health of the community by quickly alerting people who may be at risk of having contact with the virus.

Use of COVIDSafe will allow us to lift restrictions earlier than would otherwise be possible.

COVIDSafe helps you and all of our communities. Assist health officials to quickly understand and tackle the spread of Coronavirus (COVID-19).

LET'S WORK TOGETHER TO STOP THE SPREAD OF COVID-19

Download the COVIDSafe app on the Apple App Store or Google Play.

Australian Over 50s LiveWell Club

For the Over 50s, Active Retirees and Seniors



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Signature: _____

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Fax: (07) 5676 5926 or **email to:** support@australianoverfifties.com.au

Register online at: www.livewellclub.com.au