



IT'S OK TO HAVE HOME CARE.

Your health is the Australian Government's priority. We are working with aged care providers to protect you from coronavirus (COVID-19). The aged care worker visiting your home is taking all necessary measures to ensure you stay safe.

They will not visit you if they are unwell but will stay home and be tested for COVID-19.



MOST OF THE TIME YOUR WORKER WON'T NEED TO WEAR PPE:

Your aged care worker won't usually wear **personal protective equipment** (PPE) such as masks, gloves, aprons or gowns, and protective eyewear.



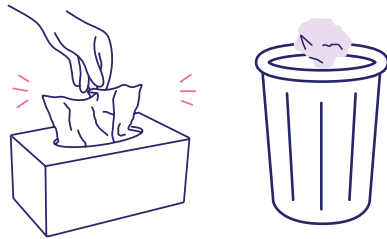
- Your aged care worker **must** wear PPE if:
- You have been diagnosed with COVID-19.
 - You are suspected of having COVID-19.
 - You have cold or flu-like symptoms.



PROTECT YOURSELF AGAINST COVID-19



Cough or sneeze into your arm or tissue



Dispose of used tissues immediately into a rubbish bin



Wash hands regularly with soap and water



Using alcohol-based hand sanitisers (60% alcohol)



Clean and disinfect regularly



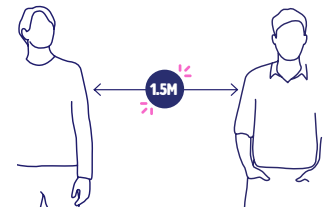
Stay at home when sick and get tested if you have cold and flu symptoms



Minimise outings and travel



Consider having medicine, groceries and essential items delivered to your home



Keep your distance stay 1.5m apart

LOOK AFTER YOUR HEALTH



Keep up your regular home care and health care



Have regular contact with your doctor

FURTHER ADVICE

For more about COVID-19 phone the National Coronavirus Helpline on **1800 020 080** or go to [health.gov.au](https://www.health.gov.au). To find out more about support services contact My Aged Care on **1800 200 422**. If you have concerns about your care services or carer, contact your aged care service provider. If you are not happy with their response call the Aged Care Quality and Safety Commission on **1800 951 822**. The Older Persons Advocacy Network can help with care or COVID-19 concerns – call **1800 700 600**.