COVID advice for carers

## COVID-19 has been challenging for all of us. As a carer you have done a great job keeping the person you care for, and yourself, safe.

With restrictions continuously changing and the prospect of interacting more with support workers and others, it’s important that you still practise COVIDSafe behaviours.

## Cough or sneeze into your arm or tissueDispose of used tissues immediately into a rubbish bin.Wash hands regularly with soap and waterUse alcohol based hand sanitisers (60% alcohol).Clean and disinfect regularly.Get tested if you have even mild cold or flu symptoms and stay home until you get your test results.Stay up to date with the restrictions that are in place where you live or if you are visiting another area.Keep your distance stay 1.5m apart.Protect yourself against COVID-19

## Keep your regular health care appointments. Have regular contact with your doctor.Look after your health

## Further advice

Phone the National Coronavirus Helpline on 1800 020 080 or go to health.gov.au

For information on state and territory restrictions: australia.gov.au/#state-and-territory-government-information

For carer services and support go to the carergateway.gov.au