



COVID ADVICE FOR CARERS

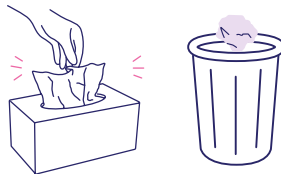
COVID-19 has been challenging for all of us. As a carer you have done a great job keeping the person you care for, and yourself, safe.

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

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



Use alcohol based hand sanitisers (60% alcohol)



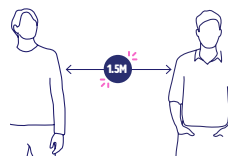
Clean and disinfect regularly



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

LOOK AFTER YOUR HEALTH

Keep your regular health care appointments



Have regular contact with your doctor



FURTHER ADVICE

Phone the National Coronavirus Helpline on **1800 020 080** or go to [health.gov.au](https://www.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](https://www.carergateway.gov.au)