

# Information for Seniors and Vulnerable People



## 1 COVID Safe advice for Seniors and those Vulnerable to COVID-19



- Be aware, ask questions and Talk to your Doctor
- NSW Health advises you to limit your activities and outings to protect yourself
- Stay COVID Safe – Practice Life with COVID-19 protocols especially:
  - Get active, go for walks, try and move every hour
  - Eat healthy balanced meals that are wholefoods, fresh and nutritious
  - Drink lots of water
  - Good hygiene
  - Stay in contact with your family and friends
  - Stay up to date with COVID-19 Rules
- Attend all your medical appointments
- Follow the rules that apply when going to church, attending weddings and funerals
- Some residential aged and disability care facilities have restrictions on visitor entry



## 2 Those who are considered Vulnerable Persons

- People who have a diagnosed chronic medical condition and/or a compromised immune system and can suffer severe effects from COVID-19 and so are advised to be extra safe and protected
- People who live in group residential aged care facility. We can keep these people protected by:
  - Staying in touch virtually
  - Not visiting when you are unwell
  - Conduct your visits outdoors if possible
  - Maintain physical distancing
  - Dropping off essentials if they need support

## 3 Resources for Seniors and Vulnerable People

- Need help figuring out what is best for you?
- Call Service 13 77 88 for Supports with Groceries, Medication, Financial etc
- NSW Seniors Card provides updates on COVID-19, discounts, and offers for seniors
- Apply for a Seniors Card/ Senior Savers Card to access the above
- See Resources for links to Available supports

## HELP



Talk to your Doctor

Contact the NSW Council for Pacific Communities or a Pacific Link

National COVID older persons information: 1800 171 866

OPAN: 1800 237 981

COVID-19 Disability: 1800 643 787

National Coronavirus: 1800 020 080

TIS: 13 14 50 24 hours, 7 days a week

National Relay Service if you are deaf or have a hearing or speech impairment.

Service NSW Phone: 13 77 88

Having a COVID-19 vaccine does not mean you will be tracked.

**FACT:**  
**COVID-19 vaccines do not have tiny technology in them, such as: Software and Microchips.**



People of all ages can be infected with the new coronavirus (nCoV-2019)

**Does the new coronavirus affect older people, or are younger people also susceptible?**

