



# Information sheet

## It's ok to have home care

Coronavirus  
(COVID-19)

Your health is the Australian Government's priority. This includes protecting you from coronavirus (COVID-19).

The aged care worker visiting your home is taking all necessary measures to ensure you stay safe.

This includes following advice from Australia's Chief Medical Officer about when to use protective equipment.

Most of the time your aged care worker does not have to wear personal protective equipment such as masks, gloves, aprons or gowns, and protective eyewear.

Personal protective equipment must be worn by your aged care worker if:

- You have been diagnosed with COVID-19
- You are suspected of having COVID-19
- You are displaying symptoms of COVID-19

Any aged care worker displaying symptoms of COVID-19 is not allowed to work - and just to be sure, workers with symptoms are being tested.

Aged care workers are following the best medical advice to protect you and themselves from COVID-19.

## Further advice

To find out more about COVID-19 please phone the National Coronavirus Helpline on **1800 020 080** or go to [health.gov.au](https://www.health.gov.au)

If you need to find out more about support services, contact My Aged Care by phoning **1800 200 422**.

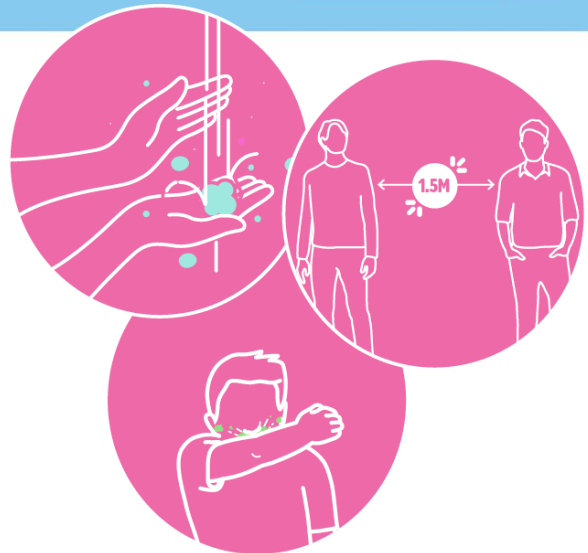
If you have any concerns about your care services, or carer, please contact your aged care service provider.



## Protecting yourself against Coronavirus

Good hygiene and taking care when interacting with other people are the best defences for you and your family against coronavirus. This includes:

- covering your coughs and sneezes with your elbow or a tissue
- disposing of used tissues immediately into a rubbish bin and washing your hands
- washing your hands often with soap and water, including before and after eating and after going to the toilet, and when you have been out to shops or other places
- using alcohol-based hand sanitisers (60% alcohol), where available
- cleaning and disinfecting frequently used surfaces and objects
- stay at home and avoid physical contact with others, except when you need assistance or care
- avoid non-essential travel
- consider having the chemist deliver your medicines
- consider having your groceries and essential items delivered to your home
- stay 1.5 metres away — 2 arms' length — from other people, when you can



## Look after your health

You should keep up your regular home care and health care. This is just as important as protecting yourself from coronavirus.

Have regular contact with your doctor and call them if you are concerned about any of your health conditions. They may be able to provide care over the phone or via tele-conference, and face to face care is still available.

