

Looking after your health conditions



People aged 70 years and over are at greater risk of more serious illness if they are infected with COVID-19. And they are likely to have to self-isolate for longer than younger age groups. For this reason the team at NARI, with input from our research volunteers, has developed a series of tip sheets. This one is about managing your health conditions.

It is important to follow the [Government's recommendations](#) to minimise spread of the COVID-19 virus, and to care for yourself and your loved ones. **However, to look after your health, here are some extra things you should do:**

Keep taking your medications

- Make sure you have an up-to-date list of all your medications and keep taking them.
- Make sure your prescriptions are up to date and you have a 2-4 week supply of all the medications you need, but no more than that – stockpiling may mean others miss out.
- If you are over 70 you can get prescriptions filled and medications delivered to your home for free by Australia Post – contact your pharmacist to find out more.

Keep in touch with your GP

- Your GP will still be working and you may be able to organise a phone or on-line consultation rather than visiting the surgery.
- Don't hesitate to contact your GP if you have any concerns. Your health is important.
- Health professionals prioritise the welfare of patients and will not put you at risk. Keep your planned appointments.
- Make sure you get your flu vaccination. It is available through pharmacies and GPs.
- If you need blood tests, Medicare rebates are now available which may allow you to have this service conducted at your own home. Speak to your GP about referring you for this service.

"Prepare a weekly pill box, that way you can see when to reorder medication."

- Edith



More information

Australian Government Department of Health

- Latest coronavirus (COVID-19) health updates <https://bit.ly/3bXFSb6>
- Collection of COVID-19 resources, including translated resources. <https://bit.ly/380OwHe>
- Tip sheet: Coronavirus advice for older people <https://bit.ly/3aMvsLp>

National Coronavirus Health Information Line

Call 1800 020 080 if you are seeking information on novel coronavirus. The line operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

Advice for Carers

Carers Australia: Visit carersaustralia.com.au for a range of information for carers.

Call 1800 242 636 for short-term counselling support services for carers and their families.

More information about specific health conditions and COVID-19 may be available from the following organisations:

HEALTH CONDITION	ORGANISATION	LINK
Cancer, Leukaemia and Lymphoma	Cancer Council Australia 13 11 20	https://www.cancer.org.au
	Australian Leukemia and Lymphoma Group 03 8373 9702	https://www.allg.org.au
Dementia	Dementia Australia 1800 100 500	https://www.dementia.org.au
Diabetes	Diabetes Australia 1800 637 700	https://www.diabetesaustralia.com.au
Heart Disease	National Heart Foundation of Australia 13 11 12	https://www.heartfoundation.org.au
Kidney Disease	Kidney Health Australia 1800 454 363	https://kidney.org.au
Lung Disease	Lung Foundation Australia 1800 654 301	https://lungfoundation.com.au
Mental Health	Australian Government Department of Health	https://headtohealth.gov.au
	Beyond Blue 1300 224 636	https://www.beyondblue.org.au
Multiple Sclerosis	Multiple Sclerosis Australia 1300 010 158	https://www.msaustralia.org.au
Osteoarthritis, Rheumatoid or Other Inflammatory Arthritis, Systemic Lupus Erythematosus (SLE), and Auto Immune Disease	Arthritis Australia 1800 011 041	https://arthritisaustralia.com.au
	Australian Rheumatology Association 02 9252 2356	https://rheumatology.org.au
Parkinson's Disease	Parkinson's Australia 1800 644 189	https://www.parkinsons.org.au
Stroke	Stroke Foundation – Australia 1800 787 653	https://strokefoundation.org.au