

COVID-19 Fact Sheet

Information for older South Australians

Easing of COVID-19 restrictions: What you need to know

Important: This information is current as of **Monday 29 June 2020**

This fact sheet provides older people with important information about easing COVID-19 restrictions in South Australia.

South Australia is taking a measured, staged approach to easing restrictions, which balances health, economic and social considerations.

COVID-19 remains a risk to the community, particularly older people. Unlike some other risks present in our community, an uncontrolled COVID-19 outbreak can grow considerably if there are no measures in place.

More information on current restrictions is available on the [SA Government COVID-19 website](#).

Why are restrictions being lifted gradually?

It is important that we continue to limit the ability for COVID-19 to be transmitted and spread, and continue to test everyone with COVID-19 symptoms.

We all have a responsibility to play our part by physically distancing and following good hygiene practices.

Key principles

- > **Density requirements:** There is no limit on the total number of people at a venue, however, there must be a maximum of 1 person per 2 square metres.
- > **Physical distancing:** People should practise physical distancing (keeping 1.5 metres distance from others) wherever and whenever possible.

What does this mean for older South Australians?

The current risk of COVID-19 transmission in South Australia is low, however, older people and people with chronic health conditions are more at risk of serious infection from COVID-19 and should continue to take extra precautions. Those at risk should talk to their doctor about what is appropriate for them.

To maintain social connections and improve wellbeing, older South Australians are encouraged to resume activities, within the current level of restrictions.

Good hygiene practices like washing your hands regularly, covering your coughs and sneezes with a tissue, and maintaining physical distancing wherever possible are the best ways to protect you and others from COVID-19.

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The following activities can now resume (provided there is a COVID Safe Plan in place)

- > Retail, shopping and food courts
- > Restaurants, cafes, pubs, breweries, wineries and hospitality (food and alcohol)
- > Casino, gaming rooms and facilities in pubs and clubs
- > Cinemas, theatres, galleries and museums
- > Nightclubs and music festivals
- > Libraries, community centres and RSL halls
- > Indoor play centres, amusement arcades and amusement parks
- > Beauty salons, nail salons, tattoos, massage (non-therapeutic)
- > Regional travel, campgrounds, caravan parks and pools
- > Worship, funerals, weddings and private gatherings
- > Gyms, indoor fitness and dance classes
- > Non-contact and contact outdoors and indoor sports and training, and indoor recreation activities (training and competition)
- > Face-to-face social support groups under the Commonwealth Home Support Programme.

Travellers from Northern Territory, Western Australia, Tasmania and Queensland are not required to self-quarantine. Subject to a public health risk assessment, from 20 July, travellers from other states and territories will not be required to quarantine for 14 days.

Can I resume activities and interests?

If you do go out or resume some of your usual activities or interests, you should continue to stay 1.5m away from others where possible, and keep up good hygiene and handwashing practices.

You must **self-quarantine** if you are returning from overseas, New South Wales, Victoria, the Australian Capital Territory or have been in close contact with someone who has received a positive test result for COVID-19.

Can I see my grandchildren?

There are no restrictions on seeing your grandchildren. Remember to keep your distance (if possible), keep up your handwashing and use hand sanitiser before, during and after the visit.

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Can I have visitors to my home, visit others, go camping or travel to regional South Australia?

There are no restrictions for this. Remember to keep your distance from others where possible, and maintain your handwashing and regularly use hand sanitiser.

Can I go to the cinema, pub or out for dinner?

There are no restrictions for this. Remember to keep your distance from others where possible, and maintain your handwashing and regularly use hand sanitiser.

Can I resume my social support group activity/s provided through the Commonwealth Home and Support Program?

Face to face social support activities can recommence with appropriate safeguards in place, for example organisations must meet the density and COVID-safe planning requirements.

Remember: Stay home if you are sick or feel unwell and talk to your GP about being tested for COVID-19 if you have symptoms.

What are the symptoms of COVID-19?

Symptoms include fever, chills, cough, sore throat, runny nose, shortness of breath, or loss of taste and smell (with no alternative illness that explains these symptoms).

What can we do to protect ourselves from COVID-19?

- > Cover your coughs and sneezes with your elbow or a tissue.
- > Dispose of used tissues immediately into a rubbish bin and wash your hands.
- > Wash your hands often with soap and water, including before and after eating, after going to the toilet, and when you have been out to shops or other places.
- > Use alcohol-based hand sanitiser when hand washing is not possible.
- > Regularly clean and disinfect surfaces you have touched.
- > Stay at least 1.5 metres away from other people as much as possible. This does not include your family or those you live with.
- > Make sure any medical conditions are well managed or under control so you are as healthy as possible:
 - speak to your GP about what is best for you, including a health action plan that suits your personal circumstances, your immune system, and medications.
- > Look after your mental and physical wellbeing, and maintain or resume connections with family, friends, your community and activities or interests that are important to you.
- > Ask for help if you need support:

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- the SA COVID-19 Mental Health Support Line is available 7 days a week from 8am to 8pm on **1800 632 753** or visit www.SACOVIDMentalHealth.org.au
- > Download the COVIDSafe app to your smartphone for the times you do need to go out:
 - the Older Persons COVID-19 Support Line can help you with this by calling: **1800 171 866**.
- > Stay home if you feel unwell and talk to your GP about being tested for COVID-19 if you have cold or flu like symptoms. Alternatively you can visit a dedicated COVID-19 or Respiratory Clinic to get tested.

Where can I go for more information?

- > **SA Government COVID-19 website:** www.covid-19.sa.gov.au/recovery
- > **SA Health website:** www.sahealth.sa.gov.au/COVID2019
- > **SA COVID-19 Information Line** 1800 253 787
- > **SA COVID-19 Mental Health Support Line** (8am-8pm, 7 days) 1800 632 753
SACOVIDMentalHealth.org.au
- > **Older Person's COVID-19 Support Line** 1800 171 866
(advice, support, referrals and connection for Older Australians)
- > **Aged Rights Advocacy Service** 1800 700 600
(free, confidential service to older people, or their representatives, living in a retirement village) sa.agedrights.asn.au
- > **COTA SA** cota.org.au/information/covid19

For more information

Office for Ageing Well
Department for Health and Wellbeing
SA Health, Government of South Australia
www.sahealth.sa.gov.au/COVID2019

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