Plan ahead if you are at higher risk of severe illness from COVID-19

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If you are at higher risk of severe illness from COVID-19, consider making plans:

• If you are 70 years or older
• If you are 50 years or older and have underlying health conditions, such as diabetes, chronic lung disease, heart disease, obesity, or a weakened immune system
• If you have recently been discharged from hospital
• If you have obesity or are an Aboriginal or Torres Strait Islander
• If you are pregnant or breastfeeding
• If you have a learning disability

If you have any questions about COVID-19, please visit www.nsw.gov.au or call the National Coronavirus Helpline on 131 450.

For more information, visit www.nsw.gov.au.