



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

Are you at higher risk of severe illness from COVID-19?

If you are at higher risk of severe illness from COVID-19 speak to your doctor now before you get sick to learn what you should do if you get cold or flu symptoms.

This includes:

- people aged 70 years and older
- people aged 50 or over with additional risk factors, including obesity, diabetes, cardiovascular disease, chronic lung disease (including moderate or severe asthma requiring inhaled steroids), neurological disease, severe chronic liver or kidney disease, active cancer or those who are not up to date with recommended vaccination
- Aboriginal and Torres Strait Islander people aged 30 years and over with additional risk factors listed above
- people who are moderately to severely immunocompromised of any age
- people with significant or complex disability
- pregnant women
- children with complex chronic conditions.

If you live in a remote area and have reduced access to healthcare or are a resident in an aged care or disability care facility, discuss your risk with your doctor as you may also be eligible for antiviral treatment or additional supportive care.

Ask your doctor what COVID-19 test you should do, if they recommend antiviral medicines and how to get antivirals if you test positive to COVID-19.

Antiviral medicines can help you get better quickly, and they work best when taken as soon as possible.

If you have any health concerns and need language support call TIS **131 450** and ask for the National Coronavirus Helpline on **1800 020 080**.

Visit www.nsw.gov.au for more information.