



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

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

### This includes:

- People aged 60 years and older
- Pregnant women
- Aboriginal, Torres Strait Islander and Pacific Islander people
- People with obesity, diabetes, serious cardiovascular disease, chronic lung disease (including severe asthma requiring hospitalisation in last 12 months), severe chronic liver or kidney disease, active cancer or who have weak immunity
- Some people with a disability including those with a disability that affects their lungs, heart or immune system
- Residents of aged care and disability care facilities
- People aged 18 years and older who are unvaccinated.

If you get sick, your doctor may recommend antiviral medicine to help you get better.

You will need to take this medicine as soon as possible after you get sick.

Plan ahead and speak to your doctor now about whether antivirals are right for you.

If you have any health concerns and need language support call TIS **131 450** and ask for the NSW Health Flu and COVID-19 Care at Home Support Line on **1800 960 933**

Visit [www.nsw.gov.au](http://www.nsw.gov.au) for more information.