

Coronavirus (COVID-19)

OLDER ADULTS 60+ YEARS

Stay healthy

...making healthy choices to stay well and happy at home.



What to do



Eat healthy food, drink plenty of water, sleep at your regular times.



Manage your medications, you may get phone scripts from your doctor. Ask your local Pharmacy if they can home deliver.



Sit less and keep moving your body to feel good.



Stay active everyday - exercise at home where possible.

If you must go out, stay 1.5 metres (or 2 big steps) from other people.



Take a break from watching the news and do something you enjoy.

Maybe gardening, writing, painting or cooking.

get healthy
Information & Coaching Service

FREE telephone coaching support.

Phone 1300 806 258.

Remember – healthy at home... not stuck at home



For more ideas and support

- MyAgedCare, phone 1800 200 422 or visit the website www.myagedcare.gov.au
- Active and Healthy website: www.activeandhealthy.nsw.gov.au
- Staying Active & On Your Feet booklet, available by calling 1300 655 957
- NSW Government website nsw.gov.au

Free Interpreter service: Phone 13 14 50



For more resources or information visit nsw.gov.au

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