If you have diabetes and are over 65 years, or if you are an Aboriginal or Torres Strait Islander person over 50 years, the most important thing you can do is to follow your care plan and attend regular appointments with your health management team. Here are some ways to keep yourself healthy.

**Look after your diabetes**

- Take your medications as prescribed by your doctor.
- The Sick Day Management Kit can include things like your blood glucose diary, hypo treatment and insulin.
- If you need to go to hospital, take your medications with you.
- If you notice changes to your feet or eyesight speak to your doctor as soon as possible.
- Avoid foods high in sugar, carbohydrates and fat.
- Be active. Reduce long periods of sitting. Go up and down stairs as much as you can and use household work such as gardening and cleaning to be more physically active.
- Have your Sick Day Action Plan and Sick Day Management Kit ready to use if you start feeling unwell. Speak to your doctor or diabetes educator to help you prepare your Action Plan and Management Kit.
- Keep checking your blood glucose regularly to see if it becomes too high or too low. Know what to do to correct your blood glucose levels.
- Drink plenty of water and eat healthy foods every day, including lean protein, leafy vegetables and fruit.
- Make sure all your vaccinations are up to date.
- If you live alone, make arrangements to have a family member, friend or neighbour to be available when you need help.

Sources include: Diabetes Australia
If you have symptoms such as cough, sore/scratchy throat, shortness of breath or fever you should be tested for COVID-19. Call your GP or visit a public COVID-19 testing clinic.

Stay more than 1.5 metres away from other people at all times, even when visiting others.

If you have symptoms such as cough, sore/scratchy throat, shortness of breath or fever you should be tested for COVID-19. Call your GP or visit a public COVID-19 testing clinic.

If you are 70 years or older you should stay at home as much as possible.

If you are sick stay at home.

Wash your hands regularly with soap and water for at least 20 seconds or use a hand sanitiser.

Cough or sneeze into your elbow or a tissue. Throw the tissue away immediately.

Follow the latest regulations for your state.

If you have serious symptoms such as difficulty breathing, call 000 for an ambulance.

Keep up to date with the Australian Government’s response to COVID-19

To reduce the spread of COVID-19, many doctors now provide bulk billed telehealth appointments (video or telephone). Call your doctor’s office to find out about your medical appointment options.

For more information call the National Coronavirus Health Information Line on 1800 020 080.

For a free telephone interpreter ring 131 450, say the language you need. Ask the interpreter to connect you to the Coronavirus Health Information line.

New telehealth medical services:

Keep safe from COVID-19 (coronavirus)