

# What is self- isolation

In general, self-isolation means staying at home (within your house and garden areas) and reducing contact with all other people.

If you are in the following groups, the National Cabinet strongly urges you to remain at home & limit contact with others when they travel outside:

- over 70 years of age;
- over 60 years of age who have existing health conditions or comorbidities;
- indigenous Australians over the age of 50 who have existing health conditions or comorbidities.

## You can:

- Go shopping for what you need (food and necessary supplies) 
- Medical or health needs, including compassionate requirements 
- Exercise (in groups of 2 people only) 
- Work & study if you can't work remotely 
- Go outside into your garden/property

Playgrounds, skate parks and outside gyms in public places **will be closed**.

If you do need to go to the undertake any of the above activities outside your home, you may consider:

- Wearing gloves to go shopping (and remove them, all clothing and shower/change clothes when you return)
- Use hand sanitiser and wash your hands frequently
- If you sneeze, sneeze into your elbow
- Immediately throw out used tissues and wash your hands or use sanitiser

## Indoor & Outdoor gatherings

National Cabinet agreed to limit both indoor and outdoor gatherings to **two persons only**.

Exceptions to this limit include:

- People of the same household going out together;
- Funerals - a maximum of 10 people;
- Wedding - a maximum of 5 people;
- Family units.

Individual states and territories may choose to mandate and/or enforce this requirement.

## ATTENTION!!

Please let Neighbourcare know if you have Flu-like symptoms such as:

- Fever
- Headache
- Joint/Muscle ache
- Fatigue
- Weakness
- Diarrhoea
- Vomiting
- Stomach pain



For the safety of yourself and our staff, we will reschedule your service.

While you can catch the flu at any time, it's more likely to happen in the colder months of the year (April to October). The flu season typically peaks in August

Speak with your GP about getting your flu vaccine.

You should get the influenza vaccine every year. This is because the most common strains of the virus that cause influenza change every year. The vaccine also changes every year to match these strains.

## HOW CAN NEIGHBOUR CARE and COMMUNITY TRANSPORT ASSIST YOU?

- Experienced professional drivers
- Privacy and confidentiality
- A door to door service
- Vehicles cleaned to Covid-19 specifications.
- Flexibility

Neighbourcare can assist you with any essential shopping such as, collecting your medication from the pharmacy, groceries or meat from the butchers as well as transport to essential medical appointments.

**If you, or anyone you know, needs urgent or extra services, please phone Neighbourcare direct on 49923348.**

**Neighbourcare, your helping hand at home.**

## Keeping in contact!!

Do you have an email account? Do we have this on your file? Contact Neighbourcare on 49923348 or send us an email on either [info@neighbourcare.org.au](mailto:info@neighbourcare.org.au) or [Julie@neighbourcare.org.au](mailto:Julie@neighbourcare.org.au) and we can update your contact information.

Alternatively, if you are speaking with a member of the Neighbourcare team, let them know this information and they can update this as well.

This will assist Neighbourcare to reach you quickly with any new information that comes to hand.

