

COVID-19 Tips

This fact sheet contains information and advice about COVID-19 specifically for people in WA caring for a family member or friend who has additional needs.

Follow WA Government guidelines

Official advice is changing constantly, so it is important to stay up-to-date by referring to the [HealthyWA](#) and [WA Government](#) websites.

- Wash your hands regularly for at least 20 seconds
- Maintain social distancing whenever you can
- Get tested if you have symptoms.

Aged Care

Residential and in-home aged care services can generally still be accessed with some restrictions in place. For residential facilities, check facility guidelines before visiting family and friends. Make sure you are up-to-date with all necessary vaccinations, and do not visit if experiencing COVID-19 symptoms.

For more information or support contact:

- **Older Australians COVID-19 Support Line:** 1800 171 866 (8.30am - 6.00pm Monday - Friday).
- **Older Persons Advocacy Network (OPAN):** 1800 237 981 (6.00am - 10.00pm).
- **My Aged Care:** 1800 200 422 (8.00am - 8.00pm Monday - Friday and 10.00am - 2.00pm Saturday).

Disability

For more information about COVID-19 or support for people with disability, contact:

- **Disability Gateway:** 1800 643 787 (8.00am - 8.00pm Monday - Friday).
- **National Disability Insurance Scheme (NDIS):** 1800 800 110.

Alternative contact options for people living with hearing or speech impairment is available where needed.



Mental Health

Many community, public and private mental health services have transitioned to telehealth, with some in-person support available.

For more information or support contact:

- **Coronavirus Mental Wellbeing Support Service:** 1800 512 348
- **Mental Health Emergency Response Line:** 1300 555 788 (Perth Metro) / 1800 676 822 (Peel Region) / 1800 552 002 (Regional)
- **Lifeline:** 13 11 14
- **Suicide Call Back Service:** 1300 659 467
- If you or someone you are with is in immediate danger, call 000.

For more information visit [WA Mental Health Commission](https://www.mentalhealth.wa.gov.au) website.



Stay well

- **Maintain a healthy diet:** A good diet will improve your physical health and give you the best chance at staying healthy. Eat a balanced diet and at regular times.
- **Find time to exercise:** Exercise eases both physical and mental stress. Remain physically active in a way that you enjoy (walking, yoga, stretching, jogging). If you can't get outside, explore [free online workouts and classes](#).
- **Get a good night's sleep:** Avoid coffee or tea in the evening and explore ways to wind down before bed. Meditation, listening to music or reading can help if you have difficulty falling asleep. [Headspace](#) offers free programs to help you sleep and meditate.
- **Practice relaxation techniques:** Close your eyes and breathe in slowly and deeply through your nose and out through your mouth. Repeat ten times. This is a way of switching off, even if just for a few moments.
- **Make time for you:** Do something that you enjoy doing to help manage stress, this could be; reading a book, spending time in the garden, cooking, listening to music or going for a walk.



Stay connected

- Stay connected with loved ones.
- Reach out when you need to talk, and schedule reminders to connect with those who may feel isolated or anxious.
- Write a letter to someone you care about. You can post it to them, or if they live near you, drop it in their letterbox while you exercise.
- Connect with other carers online through [Carers WA's Linking Together Groups](#).
- For carer specific supports - **Carer Gateway:** 1800 422 737 (Monday - Friday 8.00am - 5.00pm).

If you develop a cough, sore throat, temperature of 38° or higher or shortness of breath, seek medical advice. Use Healthdirect Australia [COVID-19 Symptom Checker](#), to identify if medical attention is needed.