Transcript

Aged Care Quality and Safety Commission

How to Stay Safe from COVID-19

**Presented by:**

Speaker

[*Opening visual of slide with text saying ‘How to stay safe from COVID-19’, ‘Australian Government with Crest (logo)’, ‘Aged Care Quality and Safety Commission’*]

[*The visuals during this video are of slides with text and animations representing what is being said at the time during the video*]

§(Music Playing)§

**Speaker:**

COVID-19 is a new infection that’s more serious in some older people. You’ve probably noticed things changing because of it.

No matter where you live, you want to see your family and friends as often as you can, and you want to avoid COVID-19. You can do this by practicing good hygiene and physical distancing, getting a flu shot, and reporting any symptoms immediately.

Once you understand how the virus spreads, you can change your behaviour to slow the spread. That helps keep you safe from COVID-19. You could get COVID-19 if you’re in close contact with another person who has the virus, someone with the virus coughs or sneezes and their germs reach you, you touch your mouth or face after touching something that an infected person has touched, like a door handle.

Here are some ways to protect yourself and others from COVID-19. Good hygiene helps stop the spread of COVID-19, so wash your hands with soap or sanitiser. Use your elbow to cover your cough of sneeze. Disinfect things you touch often, and stop touching your face.

Physical distancing also helps. That means seeing fewer people less often and for a shorter time, keeping at least 1.5 metres away and avoiding hugs, kisses and handshakes.

Get a flu vaccine to stay healthy. It doesn’t prevent COVID-19, but it protects you from the flu which is also a serious illness.

[*Visual of slide with text saying ‘Fever’, ‘Cough’, ‘Sore throat’, ‘Difficulty breathing’*]

If you have any of these symptoms, talk to your carer or doctor immediately so you can be tested for COVID-19.

If you are sick, you will be looked after carefully. You may be asked to stay and rest in your room, isolating from others. Don’t be alarmed if your carers wear masks or other special clothing. They’re following advice to stay safe and stop the spread.

You can stay safe by doing your part. Together we can all reduce the risk of COVID-19.

§(Music Playing)§

[*Closing visual of slide with text saying ‘Australian Government with Crest (logo)’, ‘Aged Care Quality and Safety Commission’, ‘agedcarequality.gov.au’*]

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