

It's more important than ever to stay safe and healthy as we physically distance and reduce our risk of getting COVID-19. When we are healthy, we can fight COVID-19 and other infections better and get well again sooner.



Keep up-to-date with the latest news from **government and services** about COVID-19 and have your questions answered.

- **Older Persons National COVID Helpline:** 1800 171 866
- **Coronavirus Health Information Line:** 1800 020 080



Talk to someone if you **feel down, stressed, sad, anxious, worried, angry or nervous.**

- **A Tasmanian Lifeline:** 1800 98 44 34
- **Beyond Blue:** 1300 224 636



Find out about programs in which someone **calls you regularly to keep in touch.**

- **Community Visitor Scheme (South) or CHATS:** 0478 435 685
- **Red Cross Telecross:** 1300 885 698



Living in a cold house can increase your risk of illness and disease.

Aurora Energy can **help ease the strain** if you are worried about your power bills.

- **Aurora Energy:** 1800 132 003



Get advice about abuse or problems you are facing.

- **Elder Abuse Helpline:** 1800 353 374
- **Advocacy Tasmania:** 1800 005 131
- **1800 RESPECT:** 1800 737 732



Make sure you **“visit” your doctor** when you are sick with non-COVID-19 related illness or need new prescriptions. Call your clinic to find out your appointment options—it might be over the phone, from your car in the doctor's carpark, or in-person.

Stay safe at home during COVID-19

Important contact information

**Always call 000
in an emergency**

COTA Tasmania:
6231 3265

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Helpline:**
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**Advocacy
Tasmania:**
1800 005 131

**COTA Aged Care
System Navigators:**
6231 3265



COTA
TASMANIA
for older Australians

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Tasmanian
Government