

# COVID-19 Fact Sheet

## Information for older South Australians

### COVID-19 restrictions: What you need to know

**Important:** This information is current as of **5 August 2020**

This fact sheet provides older people with important information about COVID-19 restrictions in South Australia.

COVID-19 remains a risk to the community, particularly for older people. Unlike some other risks present in our community, an uncontrolled COVID-19 outbreak can grow considerably if there are no measures in place.

More information on current restrictions is available on the [SA Government COVID-19 website](#).

#### Current restrictions

##### Victorian travellers

Only essential travellers are able to enter SA from Victoria. South Australians are no longer able to return to SA from Victoria.

##### Public activity

Food and beverages (including alcohol) must only be consumed by patrons while seated at tables, away from any bar or ordering area.

Gatherings in private homes are limited to 10 people, including people living in the home.

##### Weddings including ceremonies and receptions

- > This is only permitted where the number of people attending do not exceed 100 and contact tracing is conducted, regardless of the venue.
- > If at a residential premises it is a maximum of 10 people.

##### Funerals including a wake

- > This is only permitted where the number of people attending do not exceed 100 and contact tracing is conducted, regardless of the venue.
- > If at a residential premises it is a maximum of 10 people.

# COVID-19 Fact Sheet

## Information for older South Australians

### No time for complacency

We must continue to limit the ability for COVID-19 to be transmitted and spread, and continue to test everyone with COVID-19 symptoms, even if only mild.

We have a personal responsibility to protect ourselves, to protect loved ones and the wider community. People need to:

- > practise physical distancing
- > practise good cough and hand hygiene
- > consider downloading the COVIDSafe app
- > get influenza vaccination
- > stay at home and get tested for COVID-19 if unwell with even mild cold or flu-like symptoms.

### Key principles

- > **Density requirements:** There must be a maximum of 1 person per 2 square metres.
- > **Physical distancing:** People should practise physical distancing (keeping 1.5 metres distance from others) wherever and whenever possible. Stay home if you feel unwell.

### Managing health risks

There is a higher risk of COVID-19 in South Australia due to the outbreak in Victoria. Anyone who gets COVID-19 can develop severe disease. However, the likelihood of getting severe COVID-19 illness increases with older age and the presence of certain health conditions. Evidence also suggests having two or more health conditions may increase risk, regardless of age.

To make informed decisions and plan accordingly, it is recommended that older people consider their own health and individual risk factors and talk to their doctor about what is appropriate for them.

Health care providers can help undertake a risk assessment, and develop an [individual COVID-19 action plan](#).

To maintain social connections and improve wellbeing, older South Australians are encouraged to resume activities, including going back to work and volunteering. Even those at higher risk of more severe disease can return to normal activities and interactions with physical distancing and other appropriate controls in place.

# COVID-19 Fact Sheet

## Information for older South Australians

### What you need to consider

To decide whether to return to usual activities or interests, consider:

- > personal or individual risk of severe disease
- > the level of transmission of COVID-19 where you live and travel
- > which interactions and activities are important and how these can be done safely
- > whether you are comfortable participating in these activities and when you are not (for most people this will depend on the number of cases in the community).

### The following activities can now resume (provided there is a COVID Safe Plan or COVID Management Plan in place)

- > Working and volunteering
- > Retail, shopping and food courts
- > Restaurants, cafes, pubs, breweries, wineries and hospitality (food and alcohol only while seated)
- > Casino, gaming rooms and facilities in pubs and clubs (food and alcohol only while seated)
- > Cinemas, theatres, galleries and museums
- > Libraries, community centres and RSL halls
- > Indoor play centres, amusement arcades and amusement parks
- > Beauty salons, nail salons, tattoos, massage (non-therapeutic)
- > Regional travel, campgrounds, caravan parks and pools
- > Worship
- > Funerals and weddings limited to a maximum of 100 people (10 if at residential property)
- > Gyms, indoor fitness and dance classes
- > Non-contact and contact outdoors and indoor sports and training, and indoor recreation activities (training and competition)
- > Face-to-face social support groups under the Commonwealth Home Support Programme.

### Travel restrictions and quarantine

Travel restrictions are changing frequently, please check [www.sa.gov.au](http://www.sa.gov.au) for the latest updates.

# COVID-19 Fact Sheet

## Information for older South Australians

### Can I resume activities and interests?

If you do go out or resume some of your usual activities or interests, you should continue to stay 1.5m away from others where possible, and keep up good hygiene and handwashing practices.

### Can I see my grandchildren?

There are no restrictions on seeing your grandchildren. Remember to keep your distance (if possible), keep up your handwashing and use hand sanitiser before, during and after the visit.

### Can I have visitors to my home and visit others

Gatherings in private homes are limited to 10 people, including people living in the home. Remember to keep your distance from others where possible, and maintain your handwashing and regularly use hand sanitiser.

### Can I go camping or travel to regional South Australia?

There are no restrictions for this. Remember to keep your distance from others where possible, and maintain your handwashing and regularly use hand sanitiser.

### Can I go to the cinema, pub or out for dinner?

Please follow guidance at specific venues. Remember to keep your distance from others where possible, and maintain your handwashing and regularly use hand sanitiser.

### Can I resume my social support group activity/s provided through the Commonwealth Home and Support Program?

Face to face social support activities can recommence with appropriate safeguards in place, for example organisations must meet the density and COVID-safe planning requirements.

**Remember: Stay home if you are sick or feel unwell and talk to your GP about being tested for COVID-19 if you have symptoms.**

### What are the symptoms of COVID-19?

Symptoms include:

- > fever OR chills (with no alternative illness that explains these symptoms),
- > an acute respiratory infection, eg. cough, sore throat, runny nose, shortness of breath or
- > loss of taste and smell

# COVID-19 Fact Sheet

## Information for older South Australians

### What can we do to protect ourselves from COVID-19?

- > Cover your coughs and sneezes with your elbow or a tissue.
- > Dispose of used tissues immediately and wash your hands.
- > Wash your hands often with soap and water, including before and after eating, after going to the toilet, and when you have been out to shops or other places.
- > Use alcohol-based hand sanitiser when hand washing is not possible.
- > Regularly clean and disinfect surfaces you have touched.
- > Stay at least 1.5 metres away from other people as much as possible.
- > Make sure any medical conditions are well managed or under control so you are as healthy as possible:
  - speak to your GP about what is best for you, including a health action plan that suits your personal circumstances, your immune system, and medications.
- > Look after your mental and physical wellbeing, and maintain or resume connections with family, friends, your community and activities or interests that are important to you.
- > Ask for help if you need support:
  - the SA COVID-19 Mental Health Support Line is available 7 days a week from 8am to 8pm on **1800 632 753** or visit [www.SACOVIDMentalHealth.org.au](http://www.SACOVIDMentalHealth.org.au)
- > Download the COVIDSafe app to your smartphone for the times you do need to go out:
  - the Older Persons COVID-19 Support Line can help you with this by calling: **1800 171 866**.
- > Stay home if you feel unwell and talk to your GP about being tested for COVID-19 if you have cold or flu like symptoms. Alternatively you can visit a dedicated COVID-19 or Respiratory Clinic to get tested.

# COVID-19 Fact Sheet

## Information for older South Australians

### Where can I go for more information?

- > **SA Government COVID-19 website:** [www.covid-19.sa.gov.au/recovery](http://www.covid-19.sa.gov.au/recovery)
- > **SA Health website:** [www.sahealth.sa.gov.au/COVID2019](http://www.sahealth.sa.gov.au/COVID2019)
- > **SA COVID-19 Information Line** 1800 253 787
- > **SA COVID-19 Mental Health Support Line** (8am-8pm, 7 days) 1800 632 753  
[SACOVIDMentalHealth.org.au](http://SACOVIDMentalHealth.org.au)
- > **Older Person's COVID-19 Support Line** 1800 171 866  
(advice, support, referrals and connection for Older Australians)
- > **Aged Rights Advocacy Service** 8232 5377 or 1800 700 600  
(free, independent, confidential services for older people and their representatives living in residential aged care, their own home, or a retirement village, receiving CHSP or HCP, and at risk of/or experiencing abuse from a trusted person)  
[sa.agedrights.asn.au](http://sa.agedrights.asn.au)
- > **COTA SA website:** [cota.org.au/information/covid19](http://cota.org.au/information/covid19)

---

### For more information

Office for Ageing Well  
Department for Health and Wellbeing  
SA Health, Government of South Australia  
[www.sahealth.sa.gov.au/COVID2019](http://www.sahealth.sa.gov.au/COVID2019)

Information updated 6 August 2020

© Department for Health and Wellbeing, Government of South Australia. All rights reserved.



<https://creativecommons.org/licenses/>



Government  
of South Australia

SA Health