



JOHN ALEXANDER MP

Serving Bennelong

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Coronavirus information for seniors

Dear neighbour,

I'm writing to you as a fellow 'senior citizen'. We may be referred to as senior, however we remain young at heart!

You may be feeling quite vulnerable and uncertain right now as the threat of the coronavirus escalates.

Information is evolving daily, with some confusion prevailing.

What I can report is this: Senior citizens are most at-risk.

The data paints a clear picture: The older you are, the higher the mortality rate of those infected.

We are working hard as a country to limit the number of new infections, so as not to overwhelm our health system. We want to safeguard our senior citizens as well as help wherever possible.

Remember:

- **Wash your hands frequently with soap and water**
- **Cover your coughs and sneezes with tissues or your elbow**
- **Exercise 'social distancing', 1.5m from others**

Being among the most at-risk in the community, we need to do everything we can to avoid contracting this virus. **Please stay home as much as possible.**

If you do self-isolate, please ask your family, friends and neighbours for support and assistance.

Our community stands ready to support anyone who needs help, whether it be to run an errand, pay a bill or do the shopping. People are willing to help; they just need to know!

Remember you are not alone, ask people for support!

If you have access to the internet, or know someone who does, a comprehensive factsheet for older Australians is available to view or download here: www.health.gov.au/resources/publications/coronavirus-covid-19-information-for-older-australians.

Otherwise, please feel free to contact the National Coronavirus Helpline, open 24 hours a day, seven days a week, on 1800 020 080.

For further information and updates on the Coronavirus, please visit www.health.gov.au or www.australia.gov.au.

If the above sources don't answer your questions, feel free to get in touch. However, please be aware that due to the Government's social distancing guidelines, my staff and I will be working remotely over the coming weeks.

Finally, information is being regularly updated, so please stay abreast of news as it comes in.

Together, we can support one another, ask each other for support, and navigate this unprecedented situation safely to the other side.

Yours Sincerely,



John Alexander OAM MP

Federal Member for Bennelong