

COVID-19 Fact Sheet

Information for older South Australians

Updated 10 January 2022

COVID-19 information for older South Australians

Stay home if you feel unwell and get tested for COVID-19 if you have symptoms, including:

- > fever (a temperature of 37.5°C or higher) or chills
- > cough
- > loss of taste or smell
- > sore throat
- > tiredness (fatigue)
- > runny or blocked nose
- > shortness of breath (difficulty breathing)
- > nausea, vomiting or diarrhoea
- > headache
- > muscle or joint pain
- > loss of appetite.

There are many options to get tested for COVID-19 in South Australia. For more information, visit the [Testing for COVID-19 webpage](#) for more information.

COVID safe behaviours

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

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

- > practise physical distancing
- > practise good cough and hand hygiene
- > always check-in using the COVID Safe Check-In
- > get vaccinated against COVID-19 and influenza
- > stay home and get tested for COVID-19 if unwell.

COVID-19 Fact Sheet

Information for older South Australians

Updated 10 January 2022

COVID-19 vaccination

Vaccination, including a booster dose, is the best way to protect yourself and the ones you love from COVID-19. Information about vaccination in South Australia, including booking an appointment, is available at www.covidvaccine.sa.gov.au.

You may be required to show proof of your COVID-19 vaccination status at your workplace or when entering some businesses and venues. There are different ways you can show proof of your COVID-19 vaccination status, including with a digital or printed certificate, an immunisation history statement from your GP, or proof of medical exemption. For more information, visit www.covid-19.sa.gov.au/vaccination/proof-of-covid-19-vaccination.

Managing health risks

COVID-19 remains a risk to the community. 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 a [COVID-19 action plan](#).

The best thing people who may be at greater risk of COVID-19 due to health and/or older age can do to protect themselves is to get vaccinated against COVID-19.

COVID Safe Check-In

You must check-in using the [COVID SAfe Check-In](#) every time you enter a business, activity or venue. If you do not have a smart phone, a paper record will be available for you to check-in.

If someone in South Australia tests positive to COVID-19, the [COVID SAfe Check-In](#) enables SA Health to quickly contact others who may have been exposed to the virus and stop the spread.

COVID SAfe Check-In is available on the [mySA GOV app](#), which can be downloaded using your smartphone. In the app, select the COVID SAfe Check-In tile when you arrive at a venue, business or event, and follow the prompts to scan the QR code and check in.

Testing and quarantine requirements

The [Testing, Tracing, Isolation and Quarantining model](#) outlines testing and quarantine requirements for contacts of a COVID-19 case.

COVID-19 Fact Sheet

Information for older South Australians

Updated 10 January 2022

Activity restrictions

South Australia is at Level 1 activity restrictions, with some additional restrictions:

- > For hospitality activities (i.e. an activity that includes the onsite purchase and consumption of food or beverages, the operation of a nightclub or relevant licensed premises):
 - 1 person per 4 square metres in venues where people are seated indoors.
 - 1 person per 2 square metres in venues where people are seated outdoors.
 - No standing consumption of food or beverages permitted.
- > For activities or assemblies without the onsite purchase and consumption of food or beverages (e.g. meeting, lecture or presentation):
 - 3 people per 4 square metres if seated, indoor or outdoor.
- > Private functions must follow the requirements of the relevant venue.
- > Dancing is permitted at a dance studio or for wedding couples.
- > Private residence can have a maximum of 10 people, including people who normally live there.
- > Indoor fitness facilities can have 1 person per 7 square metres and outdoor fitness can have 1 person per 2 square metres. You must wear a mask if you are not exercising.
- > Onsite purchase and consumption of shisha prohibited.
- > Singing is not permitted but when a person is singing indoors, they must wear a mask. The following can sing without a mask:
 - the person is performing individually (not including a karaoke performer)
 - the person is a member of a group of performers performing or rehearsing in the premises (not including karaoke performers or persons performing or rehearsing as part of a choir or chorus)
 - the premises are an educational establishment
 - the person is undertaking or providing an individual lesson.

For more information, visit www.covid-19.sa.gov.au/restrictions-and-responsibilities/activities-and-gatherings/current-activity-restrictions.

Mask requirements

Masks are mandatory under the Activities Direction for:

- > shared indoor public spaces
- > passenger transport services
- > health care services
- > high risk settings
- > personal care services (masks can be removed by a customer or client if it inhibits the provision of services by a health care service or a personal care service).

COVID-19 Fact Sheet

Information for older South Australians

Updated 10 January 2022

You do not have to wear a mask if one of the following **exceptions** applies to you:

- > Where a person may have a physical or mental health illness or condition, or disability, which makes wearing a face covering unsuitable, including persons with obstructed breathing, a serious skin condition of the face, an intellectual disability, a mental health condition or persons who have experienced trauma.
- > For a person communicating with those who are deaf or hard of hearing and visibility of the mouth is essential for communication.
- > For a person who wears hearing aids of a style that makes wearing masks difficult and where an alternative style of mask (with ties rather than ear loops) is not available.
- > For people whose work or education means that wearing a face mask creates a risk to health and safety.
- > Where the nature of the work or education means that clear enunciation (ie speech) or visibility of their mouth is essential. This includes teachers, lecturers, broadcasters or call centre staff.
- > Where a person is working by themselves in an enclosed indoor space unless and until another person enters that space.
- > When a person is consuming food, drink or medicine.
- > In circumstances where removal of the mask is lawfully required for identification purposes.
- > If the person is a child under 12 years of age.
- > A mask can be removed by a customer or client if required for the service, provided it is only removed for the time taken to receive the service.
- > Members of a bridal party do not need to wear masks during the ceremony (including photos).

Travel restrictions

Travel restrictions change frequently. For up to date information, visit www.covid-19.sa.gov.au.

COVID-19 Fact Sheet

Information for older South Australians

Updated 10 January 2022

Further information

- > **SA Government COVID-19 website:** www.covid-19.sa.gov.au/recovery
- > **SA Health website:** 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
- > **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
- > **COTA SA website:** 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

Information updated 10 January 2022

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



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



Government
of South Australia

SA Health