

COVID-19 Information Updates

Advice for Australian Seniors

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COVID-19 has a serious impact on older Australians and people with existing health conditions. There is strong advice for the following people to self-isolate as much as physically possible:

- Anyone over 70 years of age
- Anyone over 60 years who have existing health conditions
- Indigenous Australians over the age of 50 who have existing health conditions

These groups need to limit contact with others when going outside.

For everyone in Australia, the advice is to only leave your home for the following reasons:

- Shopping for essentials
- Work that cannot be done at home
- Medical reasons

We advise that you should always seek up to date information from the [Coronavirus \(COVID-19\) Health Alert page](#) on the Department of Health website - www.health.gov.au