

# Top tips for staying well this winter

**Know.  
Plan.  
Protect.  
Connect.**

As the impact of COVID-19 is felt across the country, it's more important than ever to stay well and to look after your lung health and general well-being.

Working closely with our network of health experts, we have collated the latest information and practical resources and tools to help you minimise your risk of infection from nasty bugs and viruses, and look after your health and wellbeing during this time.

## **Social distancing**

We encourage people living with a lung disease or lung cancer, their families and carers, to stay at home during the COVID-19 pandemic unless it is really necessary to go out. If you can, enlist someone to help pick up essential items for you and leave them at your front door. If you must leave your home, practice social distancing and good hand hygiene and avoid touching your face.

## **Vaccinate against flu and pneumonia**

It is more important than ever to be vaccinated against influenza and pneumonia. While these vaccines won't protect you from COVID-19, they will help to reduce the severity of flu and pneumonia which can cause complications with your current condition and make you more susceptible to other illnesses. Speak with your GP today.

## **Schedule telehealth appointments**

It's important you continue to access your usual healthcare. You can arrange appointments with your healthcare team, including your GP, via video calling software or telephone. These services are currently available to everyone and are designed to reduce your risk of exposure to COVID-19 by limiting the need to leave your home.

## **Use delivery services**

People at higher risk of serious infection, or members of their household, can now order medication online for home delivery. The service is available from any approved pharmacy. Some large supermarket chains are also offering home delivery to support vulnerable people. For more information, contact your local pharmacy and supermarket.

## **Keep moving**

While you may not be able to participate in your normal exercise classes, it's important to keep your body moving and maintain your exercise habits while at home. Our Maintaining Movement series, led by Lung Foundation Australia's Pulmonary Exercise Manager and Exercise Physiologist, shows you how to exercise at home.

## **Look after your mental health**

During this uncertain time, you may experience a range of emotions. We encourage you to use digital platforms to stay connected with your loved ones. A range of tips and advice from Clinical Psychologist Debra Sandford are available on our website to help you look after your wellbeing during this time.

## **Maintain healthy habits**

The food you eat gives you the nutrients and energy you need to breathe. Healthy eating doesn't have to be complicated - choosing nutritious and easy to prepare snacks and meals that only need a few ingredients can help to keep prep time short and you nourished.

## **Keep your home virus free**

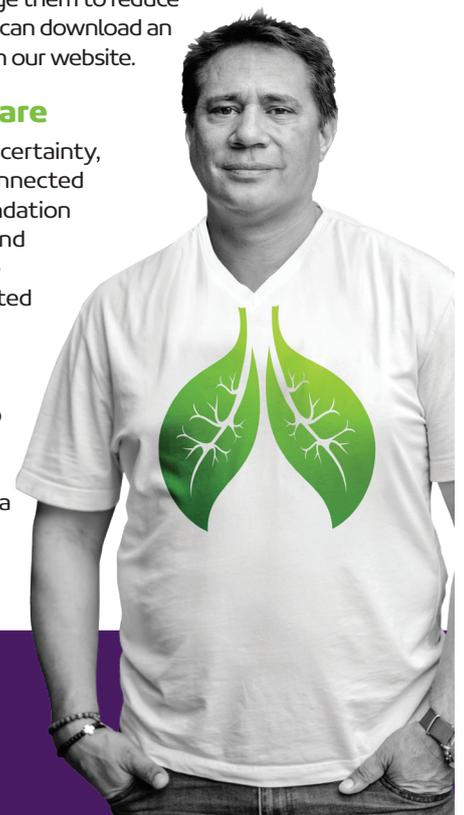
If you live with someone who is still leaving the house or have a carer visiting your home, it's a good idea to take additional preventative cleaning measures. You may also like to download a poster from our website to put on your front door or window, which kindly asks people to stay away if they are unwell or to take additional precautions should they be invited in.

## **Follow your action plan**

If you have a condition where you experience an exacerbation or flare-up, ensure you have a current written action plan. This will help you recognise when your symptoms worsen and the steps you should take to manage them to reduce the risk of a flare-up. You can download an action plan template from our website.

## **Connect to care**

During these times of uncertainty, it's important to stay connected and informed. Lung Foundation Australia's Information and Support Centre team are available to provide trusted guidance and practical tips, and to connect you with resources and support services to help you during this time. You can reach our team during business hours via freecall 1800 654 301.



**For more information and to download our resources,  
please visit [lungfoundation.com.au/know](https://lungfoundation.com.au/know)**