

Gathering safely

Coronavirus Disease (COVID-19) guidelines for seniors

There are no specific restrictions for people over 70 about self-isolating or staying home. You can choose when you go out, where you visit, and when to have visitors.

However, people over 70 are at greater risk of more severe symptoms if they are infected with COVID-19.

Top tips for COVID safe gatherings

Here are some top tips to help make your next gathering COVID-safe:

- Take a cautious approach about where you go and who you see.
- Keep gathering virtually or via telephone where you can.
- Don't attend any gatherings if you are unwell.
- As the weather warms up, it's best to meet outside, away from crowded areas. Currently, no more than 20 people are allowed to gather outside in a public place.
- If you are arranging to meet at an external venue, such as a community hall, club or restaurant, ensure you comply with the capacity limit of venue and one visitor per 4-square metres of space (excluding staff).
- Keep a record (if the venue hasn't already) of the names and a mobile number or email address of those attending gatherings, where practical, for a period of at least 28 days. These records are only for the purposes of tracing COVID-19 infections, should the need arise, and are to be stored confidentially and securely.
- Avoid large gatherings in general, and especially at home. Try to limit the number of people in your home to less than 10 people. Currently, you are only permitted 20 visitors to a place of residence.
- Stay 1.5 metres away from others at all times, unless you live in the same household.
- The use of face masks is strongly recommended if you're unable to physically distance or when you are on public transport. Carry one in a zip lock bag at all times.
- Although it's not easy, avoid hugging, kissing or shaking hands with your family, friends and other members. A wave is safer.
- Think about how you share food. Rather than having common platters, give each person an individual portion.
- Wash your hands often. Use hand sanitiser when out and about.
- Avoid unnecessary travel. Limit the number of places you visit and stay close to home as much as possible.
- Get [tested](#) immediately if you have any COVID-19 symptoms and self-isolate until you get your result.

Taking these extra steps can make a difference. Staying active, and participating in social activities, is important for our physical and mental wellbeing. Especially this year! Plan to do things you enjoy, in COVID-safe ways.

For information specific to seniors, visit the NSW Governments COVID-19 advice for [seniors](#) page or call the **National COVID-19 older persons information line** on 1800 171 866.