



# Tips for immunocompromised people

## Stay safe in the community during COVID-19

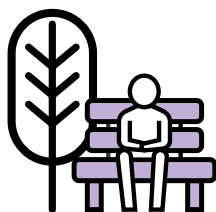
**Being immunocompromised means your immune system does not protect you from infection as well as it should.**

As we continue to live with COVID-19, there will be times you cannot avoid going out in the community to places such as a shopping centre or to a medical appointment.

Protect yourself by following these tips when possible.



Practice physical distancing and avoid busy areas.



Wait outside or in an open, well-ventilated areas.



Avoid eating while travelling on public transport.



When travelling by car, try to sit next to an open window for improved ventilation.

### If you are unable to work from home

- 1 Talk with your employer about your work environment – a letter from your doctor may help.
- 2 Ensure your workspace allows for physical distancing and is well ventilated.

**If you have had contact with a person who has COVID-19 or if you develop symptoms, get tested and seek medical attention.**

**Find out more:** [smhs.health.wa.gov.au/Immunocompromised](https://smhs.health.wa.gov.au/Immunocompromised)