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MUSCULOSKELETAL
AUSTRALIA

MSK News

Your weekly update about
COVID-19 and musculoskeletal health

2 April 2020

We've changed how we work due to COVID-19

ICYMI (in case you missed it) - our office is closed but we're still hard at work and here to help you. Call us weekdays between 9am and 5pm on 1800 263 265, email helpline@msk.org.au or send a message via [Facebook messenger](#). Or you can access all of our [staff contact details on our team page](#).

Keep well, stay home, check in with your family and friends regularly and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And please feel free to share it with other people you think will find it helpful.



Staying sane in an insane world

Our worlds have really turned upside down in the past month or so. It's no wonder many of us are feeling anxious, stressed, angry, panicked, scared and frustrated. If you're feeling like this too, read our new blog. It's full of practical strategies and tips for [looking after your mental health](#).

What is telehealth?

Did you catch the good news this week that all Australians would have access to telehealth? Well, we think it's good news - but you might be struggling to understand what telehealth is and how it works. Read our blog to find how it may work for you, and some ways to create [telehealth harmony](#).



Advice from the Australian Rheumatology Association (ARA)

The ARA has [updated their information](#) for people with inflammatory arthritis, lupus and autoimmune conditions in relation to COVID-19. It includes information about what to do if you're well, what to do if you get sick, vaccinations, the supply of medications, and what to do about appointments and blood tests. It provides the latest info about immunosuppressive treatments and the virus.

Managing your pain

At the best of times pain is something we can struggle to manage. These are not the best of times. So if you're finding pain is starting to get the upper hand, read our [A-Z guide for managing pain](#). And don't forget to contact our MSK Help Line to speak with one of our nurses for information, compassion and support.



Information at your fingertips

[Visit our website](#) for up-to-date info about [COVID-19](#), managing your condition and our other events and services and follow us on [Facebook](#), [Instagram](#), [Twitter](#) and [YouTube](#).

Contact our national MSK Help Line

Our nurses are keeping on top of all the latest medical information about COVID-19, and can give you lots of helpful information and support. Contact the MSK Help Line on weekdays on 1800 263 265, email helpline@msk.org.au or send a message via [Facebook messenger](#).

Smile - and the world smiles with you

Last week we featured the very cute dog who



sprained his tail because he was so happy. So this week here's **one for all the cat lovers** out there. It's hilarious (*watch their faces*) and perplexing (*why do the cats have hats on?*). Enjoy!!

Coronavirus Health Information Line

Call this line if you're seeking information on coronavirus (COVID-19).
It operates 24 hours a day, seven days a week on 1800 020 080.

Musculoskeletal Australia is an ACNC registered charity. We're reliant on the generosity of the community at this time. If you've found our information and services valuable we invite you to make a tax deductible donation of whatever amount you can afford.

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