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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

Your weekly update about  
COVID-19 and musculoskeletal health

26 March 2020

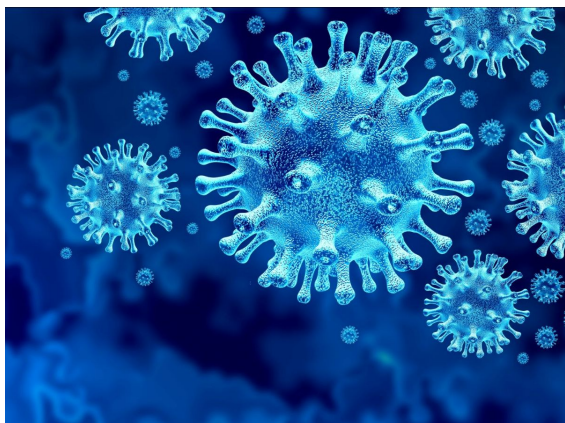
## We've changed how we work due to COVID-19

Our office may have closed on Monday, but we're still working and available to assist you. We've introduced physical distancing to do our part to help slow the spread of COVID-19. Our staff are all working from home and are available to assist you. And our nurses are available on the MSK Help Line to answer your calls and support you at this time. Call weekdays between 9am and 5pm on 1800 263 265 or email [helpline@msk.org.au](mailto:helpline@msk.org.au).

Keep well everyone and check in with our socials and this newsletter to stay up-to-date! And please feel free to share it with other people you think will find it helpful.

## COVID-19 - the latest

Wow, so much has changed in the last week, and will certainly change in the coming days and weeks. Two areas we know people are confused and worried about relate to [physical distancing](#) (or social distancing) and [accessing medications](#) during the pandemic. So we've written a couple of blogs to help clear some of this confusion.



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### New symptom checker

There's a lot of information out there about COVID-19 - much of it confusing, incomplete or just completely wrong. That's why we've developed a webpage that includes the latest, authoritative information - including the Healthdirect symptom checker - so you can be well informed and take care of yourself and your family.

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### Getting a good night's sleep

If you live with persistent pain, then you've probably had many nights when sleep has eluded you. And worrying about the state of the world and the craziness that's happening all around us isn't helping! The good news is there are many things you can do to improve your chances of getting a good night's sleep.



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### Contact our free national MSK Help Line

For information and support from our nurses. They're keeping on top of all of the latest medical information about COVID-19, and can give you lots of helpful information and support. Contact the free MSK Help Line weekdays on 1800 263 265 or email [helpline@msk.org.au](mailto:helpline@msk.org.au).

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### We're here to help you

Have you checked out our videos? We have so many available! From information about gout, fibromyalgia, and pain management, to the animated kids story "The Worst Pain in the World". There's something here for everyone.

## 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](#).

## Smile - and the world smiles with you

Did you see the story and video of [gorgeous little Rolo](#), a 7 year old dachshund who was so excited his family were staying at home due to the COVID-19 that he sprained his tail from wagging it so much? Adorable, and sure to make you smile.



## 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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PO Box 130 Caulfield South, VIC 3162  
P: 03 8531 8000 ♦ E: [info@msk.org.au](mailto:info@msk.org.au)  
MSK HELP LINE 1800 263 265  
[msk.org.au](http://msk.org.au)

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