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MUSCULOSKELETAL
AUSTRALIA

MSK News

Your weekly update about
COVID-19 and musculoskeletal health

30 April 2020

Do you sometimes feel like you're in a science fiction movie? We talk about the pandemic like we talk about the weather - it's almost that offhand now. We talk about borders staying closed, price gouging, hoarding and the US president is giving medical advice (don't follow it). If only Will Smith would appear to save the day!

These really are extraordinary times.

In this issue of MSK News we'll look at isolation fatigue, the new tracing app COVIDSafe and tips for evaluating all the health (mis)information that's circulating.

If you need any information or support, we're here to help. Call us weekdays between 9am and 5pm on 1800 263 265, email helpline@msk.org.au or send a message via [Facebook messenger](#).

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.

**COVIDSafe - the new contact
tracing app**



On Sunday night the Federal Govt launched its new contact tracing app - COVIDSafe. So what's the deal? Is Big Brother watching? [We look at the app](#) - what it is, how it works and what you should know when it comes to your privacy and protection of data.

Evaluating health information

When a US president says injecting disinfectant might be worth exploring, you know things are a little crazy. There's so much misinformation being circulated, so we've put together [some tips](#) to help you work out what's legit and what's a pile of disinfected garbage.



You can help the most vulnerable people

Now more than ever, we're asking for your support to help people get through this especially tough time. Please consider making a [tax deductible donation](#) by 30 June to ensure the MSK Help Line is available to those who need it most. Donate here or call us on 03 8531 8011.

[DONATE HERE](#)



Sick and tired of iso? Hang in there!

Many of us are getting cabin fever. We look at why we're finding it more and more difficult to stay home, and [how to deal with this](#).

Share your MSK message

You can help us help others by creating a short video message of support, help and hope to others living with musculoskeletal conditions who may be struggling with isolation and COVID-19.

For more information [email us](#). We'd love to hear from you and share your story.

Text 4 My Back

If you're stuck at home and would like to be part of a back pain research study...which conforms with [physical distancing](#) then visit the [following site](#) to see if you're eligible or [watch this video](#) for more info.



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 how it relates to your musculoskeletal condition. They can give you lots of helpful information and support. Contact the MSK Help Line weekdays on 1800 263 265, email helpline@msk.org.au or send a message via [Facebook messenger](#).



Smile - and the world smiles with you

We humans aren't the only ones starting to go a little stir-crazy in isolation. Our [furry friends](#) are going absolutely barking mad!

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.

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