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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

Your weekly update about  
COVID-19 and musculoskeletal health

14 May 2020

Last week's sunshine is long gone for many of us, but we have other things to cheer us up this week! Restrictions are beginning to lift all over the country. Happy dance!! Having said that, you do need to be aware of the restrictions in place where you live - they're slightly different depending on your state or territory. So even though we can move around a bit more freely, we need to do it safely. We're not out of the woods yet.

In this issue of MSK News we look at COVID-19 vaccines, and now that the weather has taken a decidedly wintery turn, how you can stay warm while staying at home. We also have a special blog written by one of our MSK Kids families. And of course, we'll update you on our latest news and goings on at Musculoskeletal Australia.

Remember 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](mailto:helpline@msk.org.au) or send a message via [Facebook messenger](#).

Keep well, stay safe and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And please feel free to [share this newsletter](#) with others.

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**Baby it's cold outside**

For most of the country it's starting to get really chilly. We need to keep warm at home in iso, but many of us are worried about our energy bills. We look at some **simple things you can do to stay warm** and not have OTT energy bills.



### We had a dress rehearsal for COVID-19

One of our MSK Kids parents has written a blog about their experience with social distancing, hand sanitiser and appreciating our healthcare workers before anyone had heard of COVID-19. **Here's how.**

### Make your tax deductible donation by 30 June to 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 today 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**

### A vaccine for COVID-19?

COVID-19 has had such a life changing effect on us, but most of us haven't had any contact with it. Since we can't stay in iso forever, a vaccine to protect us against COVID-19 sounds encouraging. **But what are vaccines, how do they work and what are the chances we'll have a vaccine for this virus any time soon?**



### 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.

THIS SPONSORED CONTENT BY AbbVie

# abbvie

*AbbVie Discovery Series: The evolution of arthritis treatment and care - presented by Adam Spencer.*



## Go for gold!

Ever dreamt what you would do with \$250,000? Pay off part or all of your mortgage, sort out your bills for months, lend a helping hand to family or friends...the possibilities are endless! A \$10 [Play for Purpose](#) raffle ticket will go a long way in helping us support millions of Australians who live with arthritis, osteoporosis, back pain and other musculoskeletal conditions.

## Information at your fingertips

We've added some more short videos from our nurses Anne and Clare to our [Facebook page](#) and [website](#), as well as the recording of our recent webinar "[The role of mindfulness in managing your health](#)" with Jo Dunin from the Melbourne Centre for Mindfulness.

Also check out rheumatologist Dr Emma Guymer's video explaining the importance of self-care and not changing your medications (including immunosuppressives) without talking with your doctor. Watch her video and our full range on our [YouTube channel](#).



## Get together, virtually

Join our friends at Dragon Claw for their regular "Self-isolation virtual get together" where people with rheumatological conditions can support each other during these tough COVID-19 times. Rheumatologist Dr Daniel Lewis will be joining on Friday 15 May at 10am. Email [Dragon Claw](#) to register.

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## 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](mailto:helpline@msk.org.au) or send a message via [Facebook messenger](#).



## Smile - and the world smiles with you

Don't we all feel like [doing this](#) sometimes?

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## 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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## STAY CONNECTED WITH MSK

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