

Protect yourself and others from getting sick



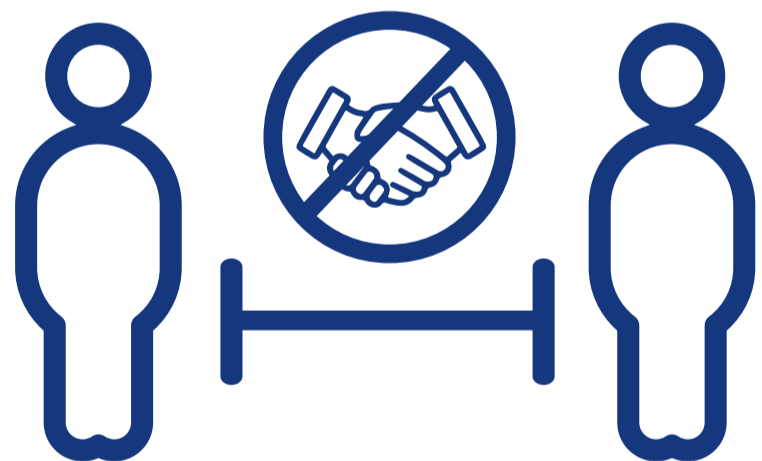
Frequently clean hands using soap and water and/or alcohol-based hand sanitiser before and after eating as well as after attending the toilet.



When coughing and sneezing, cover your mouth and nose with flexed elbow or tissue - throw tissue away immediately and wash hands.



Stay home if you feel sick. If you have fever, cough and difficulty breathing, seek medical care early.



Avoid close contact with anyone who is unwell (including handshaking, high fives, hugging etc).

Practising good hand and sneeze/cough hygiene is the best defence.

Together we can help stop the spread and stay healthy.

For more information about Coronavirus (COVID-19) visit [health.gov.au](https://www.health.gov.au)