



HELP STOP THE SPREAD

Take care not to share



- **Wash** your hands often, with soap and water including before and after eating and after going to the toilet.
- **Use** hand sanitiser.



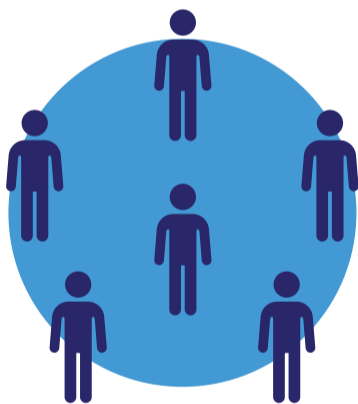
- **Cover** your coughs and sneezes with your arm or a tissue (not your hands).



- **Put** tissues straight **into the bin** and then wash your hands.
- **Don't touch** your mouth or face.



- **Reduce** face-to-face contact and handholding, or handshakes.
- **Stay connected** online.



- **Try to keep more space than normal** between yourself and others.
- **Avoid** queuing.



- **Look after** yourself and your mates.
- Try to **keep a routine**, particularly if self-isolating.
- **Avoid fake news** about the virus and refer to reliable information.
- **Reach out to others** if you are feeling anxious, or if you think they are.

Doing this will help keep you, your family, friends and the community safe.

HELP
STOP THE
SPREAD
AND STAY HEALTHY



Australian Government

For more information about **Coronavirus (COVID-19)** visit **australia.gov.au**