

Slowing the spread of coronavirus

Stay home. Protect our health system. Save lives.

WASH your hands often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer.

TRY not to touch your eyes, nose or mouth.

 COVER your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.

- PHONE your doctor or the hotline -**1800 675 398** - if you need medical attention. They will tell you what to do.
- **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep.
- **BUY** an alcohol-based hand sanitiser with over 60% alcohol.

Find out more www.dhhs.vic.gov.au/coronavirus



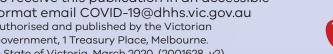




If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only



BetterHealth

