

**CUT OUT AND STICK ON YOUR WALL****Reduce your risk of coronavirus**

- 👉 **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.
- 👉 **STAY** at home if you feel sick. If you take medication make sure you have enough.
- 👉 **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.
- 👉 **WEARING** a face mask is not necessary if you are well.
- 👉 **BUY** an alcohol-based hand sanitiser with over 60% alcohol.



**Find out more**  
[www.dhhs.vic.gov.au/coronavirus](http://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

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