

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

If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

To receive this publication in an accessible format email COVID-19@dhhs.vic.gov.au
Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.
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Health and Human Services

REVISED 2020 - 102