



Ten ways to reduce your risk of coronavirus

- ✦ **WASH** 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.
- ✦ **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- ✦ **PHONE** your GP first if you need medical attention. They will tell you what to do.
- ✦ **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- ✦ **DON'T** wear a face mask if you are well.
- ✦ **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- ✦ **GET** the flu shot (available April).
- ✦ **SHAKING HANDS** is optional!



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