

## **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

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Health and Human Services





