

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. © State of Victoria, March 2020. (2001628_v1)





Health and Human Services





