

Protect yourself and your family

Cover your cough and sneeze



COVER your mouth
and nose with a
tissue when you
cough or sneeze



Put your used
tissue in the
rubbish **BIN**



If you don't have
a tissue, cough
or sneeze into your
upper sleeve or elbow,
NOT YOUR HANDS



WASH your hands with
soap and running water.
Dry your hands
thoroughly with a
disposable paper towel
or hand dryer.

Staying apart keeps us together

For more information about coronavirus (COVID-19),
please visit vic.gov.au/coronavirus