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

Authorised by the Victorian Government, 1 Treasury Place, Melbourne