Slowing the spread of coronavirus
Staying apart keeps us together

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.

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.

BUY an alcohol-based hand sanitiser with over 60% alcohol.

Find out more 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_v2)