

# 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](https://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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