Slowing the spread of coronavirus

Stay home. Protect our health system. Save lives.

☛ **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
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

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