

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

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