



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