

Simple steps to reduce the risk of **CORONAVIRUS** for yourself and others



Wash your hands often with soap and water, for at least 20 seconds.



Have a plan for your family in case you need to stay home in isolation.



Cough or sneeze into your elbow or a tissue. Throw the tissue in a bin and wash your hands straight away.

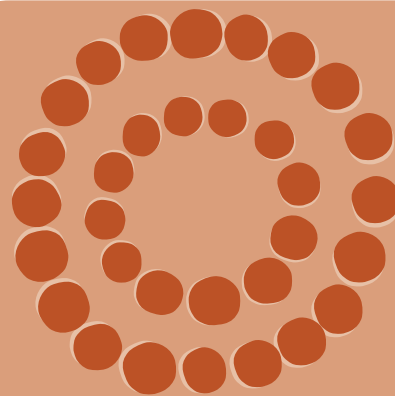


If you are well you do not need to wear a mask.

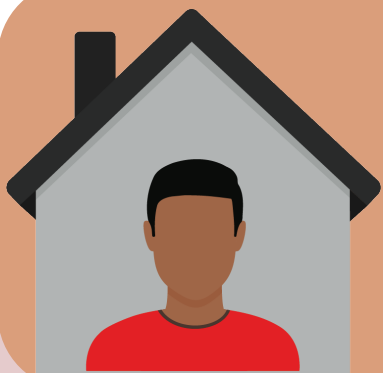
Avoid close contact



with anyone who has fever or a cough.

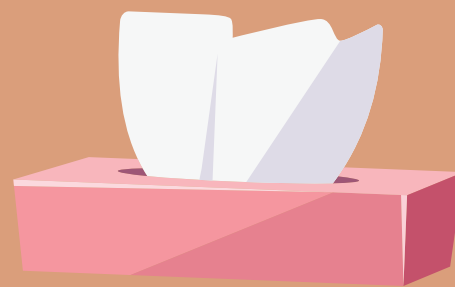


Stay calm and do not panic. Most people who get coronavirus will have mild sickness.



Stay at home if you feel sick.

If you have a fever, cough or difficulty breathing call your local doctor or 13 HEALTH (13 43 25 84) for advice.



Elderly people and those with existing illnesses are most vulnerable.