

COVID-19: Steps to protect yourself and others



WASH YOUR HANDS REGULARLY

Wash your hands often and thoroughly, using soap and warm water for 20 seconds.



USE ALCOHOL-BASED HAND SANITIZER

Use gel when water is not available and when outside. The gel should contain at least 60% alcohol.



COVER YOUR MOUTH AND NOSE

with a handkerchief or tissue when you cough or sneeze, or try to do so into your elbow.



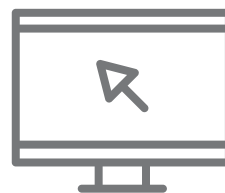
PRACTICE SOCIAL DISTANCING

Avoid close contact with people who are presenting with a fever and cough.



SEEK MEDICAL ATTENTION IF YOU FEEL UNWELL

If you feel unwell, have a fever, cough and difficulties breathing, seek medical assessment and care.



STAY CALM AND INFORMED

Use credible resources for the latest information about COVID-19.

<https://www.who.int>
<https://www.health.gov.au>
<https://www.health.govt.nz/>