

# PREVENTING THE SPREAD OF CORONAVIRUS (COVID-19)

Please take these necessary precautions:



**WASH YOUR HANDS  
WITH SOAP AND  
WATER**



**USE AN ALCOHOL BASED  
HAND SANITIZER  
& DISINFECT FREQUENTLY  
TOUCHED OBJECTS**



**AVOID CONTACT WITH SICK  
PEOPLE. IF YOU ARE FEELING  
UNWELL SEEK MEDICAL HELP  
EARLY & STAY HOME**



**COVER YOUR MOUTH  
WITH A TISSUE WHEN YOU  
SNEEZE OR COUGH**

For further information and Coronavirus Updates, refer to:  
Coronavirus (COVID-19) Health Information Line (24/7): 1800 020 080  
or visit [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

Healthdirect Hotline: Call 1800 022 222 to speak to a registered nurse 24/7  
[healthdirect.gov.au](http://healthdirect.gov.au)

