

Coronavirus
(COVID-19)

KEEP OUR MOB SAFE, WASH YOUR HANDS.

**CORONAVIRUS IS A SICKNESS THAT CAN
SPREAD FROM PERSON TO PERSON.**

TO STOP THE SPREAD:

- Cover a cough with the inside of your elbow instead of your hand
- Where possible wash your hands with soap and water for at least 20 seconds – do this after you cough, sneeze, go to the toilet and before you make any food
- Avoid touching your face with dirty hands – especially your eyes, nose and mouth. This is where the virus can enter your body
- Remember if you feel unwell, stay at home



WE CAN ALL STOP THE SPREAD IN OUR COMMUNITIES

**IF YOU ARE
FEELING
UNWELL
YOU CAN...**

Call your local **medical service, health clinic** or **someone you trust.**

Call the 24 hour **National Coronavirus Helpline** on **1800 020 080.**

Find out more information about **coronavirus** by visiting **australia.gov.au**



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