HOW CAN WE HELP PREVENT THE SPREAD OF CORONAVIRUS

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. You should:

- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet

- Cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser

- And if unwell, avoid contact with others (stay more than 1.5 metres from people)

FOR FURTHER INFORMATION:
https://www.health.gov.au/resources/publications/coronavirus-covid-19-what-you-need-to-know

Australian Government
Department of Health