

How to reduce the risk of corona virus (COVID-19)

- Wash your hands often and thoroughly with soap and running water for at least 20 seconds. Dry with paper towel or a hand dryer.
- Try not to touch your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow.
- Isolate yourself at home if you experience any cold or flu like symptoms or have been in close contact with someone who has the virus.
- Use an alcohol-based hand sanitiser.
- Stay informed of the latest health advice from [Australian Department of Health](#).
- Contact your doctor if you need more information.

If you have any health concerns, you can call the hotline **1800 675 398**