

Coronavirus  
(COVID-19)

# GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

**TOGETHER WE CAN HELP STOP  
THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus  
(COVID-19)** visit **health.gov.au**



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# KEEP THAT COUGH UNDER COVER.

Always cough or sneeze into your arm or a tissue and put the tissue in the bin straight away. Wash your hands with soap and water for at least 20 seconds afterwards.

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HELP  
**STOP** THE  
**SPREAD**  
AND STAY HEALTHY



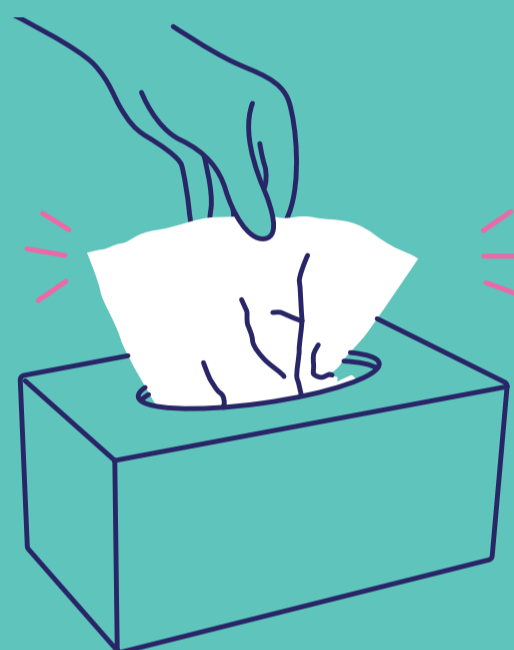
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# SIMPLE STEPS TO HELP STOP THE SPREAD.

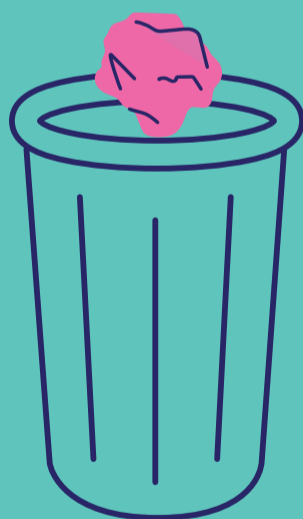
**Cough or sneeze into your arm**



**Use a tissue**



**Bin the tissue**



**Wash your hands**



**HELP STOP THE SPREAD AND STAY HEALTHY**

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# KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

## TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit **[health.gov.au](https://www.health.gov.au)**

