



# What can I do to stay safe from Coronavirus

To keep yourself, your friends and your family safe from Coronavirus there are some simple things you can do to reduce the risks:

## Stay home if you have symptoms

It is more important than ever to stay home and get tested if you have any symptoms of coronavirus (COVID-19), however mild.

- Do not go to work or school.
- Do not visit anyone, especially older people and those with pre-existing medical conditions.

## Wash your hands

Good hygiene is critical for slowing the spread of coronavirus (COVID-19). **Everyone** should be taking the following hygiene actions:

Wash your hands

- Wash your hands regularly with for at least 20 seconds, using soap and water or use a hand sanitiser that contains at least 60 percent alcohol.
- Wash your hands when you get home, arrive at other people's homes, at venues or at work.
- Wash your hands after blowing your nose, coughing, sneezing, or using the toilet.

Don't cough or sneeze into your hands

- Cover your nose or mouth with a tissue, then throw it away and wash your hands.
- If you don't have a tissue, cough or sneeze into your elbow or upper sleeve.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Do not share drink bottles, glasses, crockery or cutlery other than with people you live with.

## Keep your distance – stay 1.5 metres away from people you don't live with

- Greet people with a smile or wave - don't shake hands, hug or kiss as a greeting.
- Stay 1.5 metres away from people you don't live with.
- Avoid crowds, especially indoors.
- When waiting in line or walking through busy areas, be patient, give others space so they can give you yours.

## Wear a facemask

If you are leaving home you should wear a face mask such as a cloth mask or surgical mask if it is difficult to keep 1.5 metres apart from others.

- Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).
- Keeping 1.5 metres between yourself and others and washing your hands are still the best defences against coronavirus (COVID-19).
- There are two types of face masks suitable for community use: cloth masks and surgical masks.
- The recommendation to wear a face mask does not apply to children and people aged under 18 years, individuals with breathing difficulties, and those who have physical conditions that make it difficult to wear a face mask.
- There will be no enforcement on the use of face masks. You will not be fined if you don't wear one.

## Stay healthy

- Keep eating a balanced diet.
- Get regular exercise and sleep.
- Reduce your alcohol intake.
- If you're a smoker, think about and try quitting. Call the Quitline on 13 7848.
- Get vaccinated for flu (influenza). This will help reduce the demand on the healthcare system as it deals with coronavirus (COVID-19). Vaccines are now available from your GP and pharmacy.

## Stay connected and support each other

It is important to keep connected as a community, even while physically distancing. You can support your friends and family by continuing these key actions:

- If you or a loved one is feeling anxious or concerned at this time, help and support is available.
- Where possible, keep connected to your family, friends and work colleagues through video conferencing, phone, email and social media.
- Look out for your neighbours and family members.
- Stay informed. Seek information from reputable sources, for example the [coronavirus \(COVID-19\) section](#) on the DHHS website.

Further information on Facemasks can be found on the DHHS website:

<https://www.dhhs.vic.gov.au/coronavirus>

For any questions

**Coronavirus hotline 1800 675 398 (24 hours)**

Please keep Triple Zero (000) for emergencies only