



# Reduce your risk of coronavirus

- ✎ **WASH** your hands often with soap and running water, for at least 20 seconds. Dry with paper towel or 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.
- ✎ **STAY** at home if you feel sick. If you take medication make sure you have enough.
- ✎ **PHONE** your doctor or the hotline – **1800 675 398** – if you need medical attention. They will tell you what to do.
- ✎ **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep.
- ✎ **WEARING** a face mask is not necessary if you are well.
- ✎ **BUY** an alcohol-based hand sanitiser with over 60% alcohol.



Find out more

[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

If you are concerned, call the

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

**Please keep Triple Zero (000) for emergencies only**