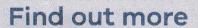


Ten ways to reduce your risk of coronavirus

- 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 feel sick. If you take medication ensure you have adequate supplies.
- **▼ PHONE** your GP first if you need medical attention. They will tell you what to do.
- **▼ CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- **DON'T** wear a face mask if you are well.
- BUY an alcohol-based hand sanitiser with over 60 per cent alcohol.
- GET the flu shot (available April).



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

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