

Coronavirus: 5 things to do to stay healthy

You might be feeling worried about coronavirus (COVID-19).

You might be wondering what you should be doing.

Here are 5 things you can do right now to keep yourself healthy.



1. Stay away from lots of people.



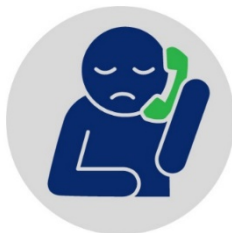
2. Wash your hands many times per day.



3. Try not to touch your face.



4. Sneeze or cough into a tissue or your elbow.



5. Call the doctor if you feel unwell.

Stay away from lots of people



Avoid places and events where there are lots of people.



Try to keep 1.5 metres away from other people.



Don't hug, kiss or shake hands with other people.



If you feel unwell, stay at home.

Wash your hands many times per day



Count to 20 while you wash your hands.
Use soap and water.



Use hand sanitiser if you can't use soap.



Wash your hands before and after you eat.



Wash your hands after you go to the toilet.

Manage your sneezing and coughing



Don't touch your eyes, nose or mouth.



Sneeze or cough into a tissue then put the tissue in the bin.



If you don't have a tissue, sneeze or cough into your bent elbow.



If you feel unwell, call the doctor.
Tell someone you trust.



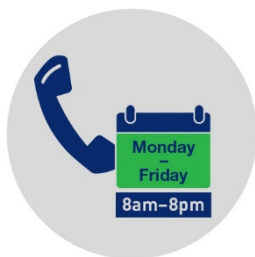
If you have trouble breathing, call an ambulance straight away on 000.

More information



Information and support are available.
You are not alone.

Contact the Disability Gateway by:



- calling **1800 643 787**
8 am to 8 pm, Monday to Friday



- visiting www.disabilitygateway.gov.au



If you need information in a language other than English, call the Translating and Interpreting Service on **131 450**.



If you are deaf, or have a hearing or speech impairment, you can call the National Relay Service on **133 677**.



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