

# Simple steps to reduce the risk of **COVID-19** for yourself and others



the **power** of humanity



## **Wash your hands often**

with soap and water, for at least 20 seconds, or use alcohol-based hand rub.



**Cough or sneeze** into your elbow or a tissue. Throw the tissue in a rubbish bin and wash your hands immediately.



**Avoid close contact** with anyone who has fever or a cough.



**Stay at home as much as possible.** If you have a fever, cough, sore throat or shortness of breath call your local doctor or 1800 020 080 for advice. If you feel very unwell or have difficulty breathing call 000.



**If you are well**, you do not need to wear a mask.



## **Have a plan for your family**

in case you need to stay home for 2 weeks in isolation. Prepare a plan with one of our simple tools at [redcross.org.au/prepare](https://redcross.org.au/prepare)



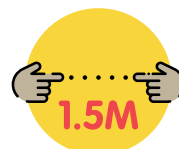
**Stay calm.** Most people who get COVID-19 will have mild sickness.



**Elderly people** and those with existing illnesses are at greatest risk.



**If you've been told to self-isolate**, you must do so, unless you need medical care.



**Maintain physical distance** between you and others outside your immediate household.

**Questions?** Call the Coronavirus Health Information Line on 1800 020 080. You can ask for an interpreter in your language.