

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.



Wear a mask if told to by the government where you live.



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



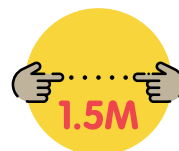
Stay calm. Most people who get COVID-19 will have mild sickness.



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. Do not shake hands or hug.

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