Protecting yourself and others from getting sick
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Wash your hands:

- often and thoroughly – for at least 20 seconds
- use soap and running water
- dry hands thoroughly with air dryer or paper towel after washing
- if soap and water is not available, use alcohol-based hand rub
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Wash your hands:

• when you arrive at work
• when you arrive home
• after getting off public transport
• before, during and after preparing food
• before and after eating food
• after sneezing or coughing
• after using the toilet
• during daily activities where you are touching many surfaces
• if you are caring for someone who is unwell
Protecting yourself and others from getting sick

When coughing or sneezing:

• cover nose and mouth with a tissue or, if not handy, a bent elbow
• dispose of tissue into a bin straight away
• avoid close contact with other people
  try to stay 1.5 metres away
Protecting yourself and others from getting sick

• Seek medical advice if you develop symptoms such as fever, cough, sore throat, fatigue, or difficulty breathing
• Stay at home when unwell
• Contact your GP or call 13 HEALTH (13 43 25 84)
• Call ahead of visiting your GP or clinic and share your travel history