

**Protecting yourself and others  
from getting sick**

# Protecting yourself and others from getting sick

## 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

# Protecting yourself and others from getting sick

## 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