Ten ways to reduce your risk of coronavirus

- **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.

- **TRY** not to touch your eyes, nose or mouth.

- **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow.

- **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.

- **PHONE** your GP first if you need medical attention. They will tell you what to do.

- **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.

- **DON’T** wear a face mask if you are well.

- **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.

- **GET** the flu shot (available April).

- **SHAKING HANDS** is optional!

Find out more

If you are concerned, call the
**Coronavirus hotline 1800 675 398 (24 hours)**

Please keep Triple Zero (000) for emergencies only