

# Simple steps to reduce the risk of **CORONAVIRUS** for yourself and others



**Wash your hands often** with soap and water, for at least 20 seconds.



**Have a plan for your family** in case you need to stay home in isolation.

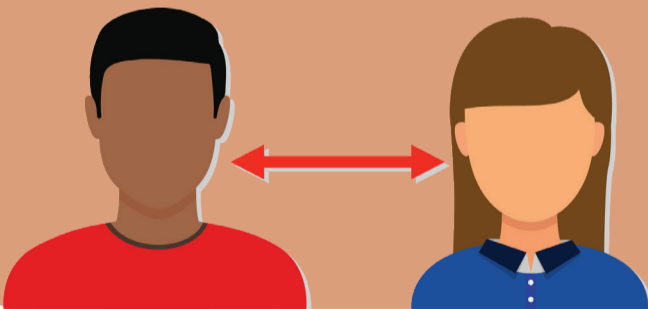


**Cough or sneeze** into your elbow or a tissue. Throw the tissue in a bin and wash your hands straight away.

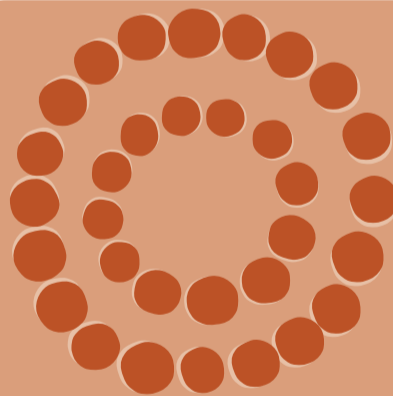


**If you are well** you do not need to wear a mask.

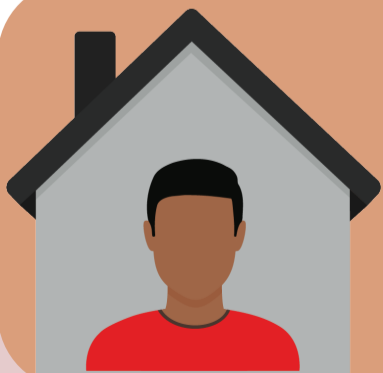
**Avoid close contact**



with anyone who has fever or a cough.



**Stay calm and do not panic.** Most people who get coronavirus will have mild sickness.



**Stay at home if you feel sick.**

If you have a fever, cough or difficulty breathing call your local doctor or 13 HEALTH (13 43 25 84) for advice.



**Elderly people** and those with existing illnesses are most vulnerable.