

Simple steps to reduce the risk of **coronavirus** 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.



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 rubbish bin and wash your hands immediately.



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 1800 020 080 for advice.



Elderly people and those with existing illnesses are at greatest risk.

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