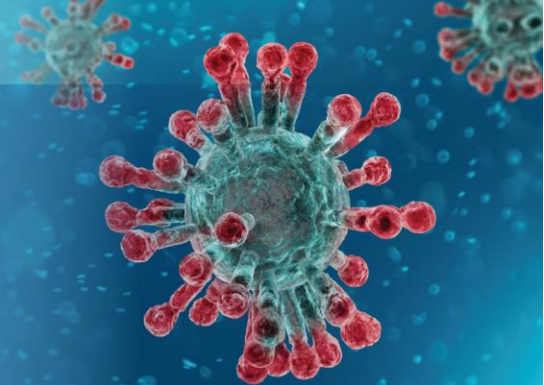


# Novel Coronavirus



## Simple things you can do to protect yourself and others from novel coronavirus (COVID-19)

1. **Wash and dry your hands often**, with soap and water. Germs can spread through hand contact. Wash your hands before touching your face (especially lips, mouth, nose, eyes), food and drinks, and after coughing, sneezing and going to the toilet.
2. **Wash and dry your hands well**. Make sure the soap and water come into contact with your whole hand – palms, backs of hands, thumbs, fingertips, wrists and the webbing between your fingers. Rub your hands for 15–20 seconds, or for as long as it takes to sing the ‘Happy Birthday’ song slowly.
3. **Cover coughs and sneezes with a tissue**. If you don’t have a tissue, use the inside of your elbow. Put used tissues in the rubbish straight after use (don’t keep gems in your pocket!) and then wash your hands.
4. **Keep your distance**. Try to keep a metre (a large step) from people who are coughing or sneezing.
5. **Call for advice**. If you think you might have COVID-19, phone your doctor or healthdirect (1800 022 222) for advice. Protect others by washing your hands and keeping your distance.



### If you are well, you do not need to wear a facemask.

If you are well, there is no reason to wear a facemask to protect yourself against COVID-19 unless you are in close contact (within a metre) with someone suspected or known to be infected. This is normally only healthcare workers and carers.

Facemasks are generally for people who are suspected or known to have the virus and people directly caring for them, such as healthcare workers and carers.

