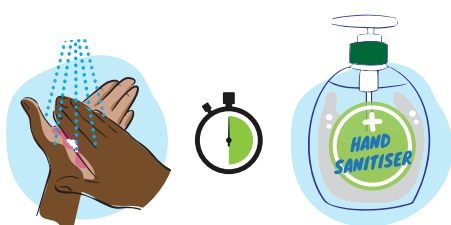


keeping each other safe

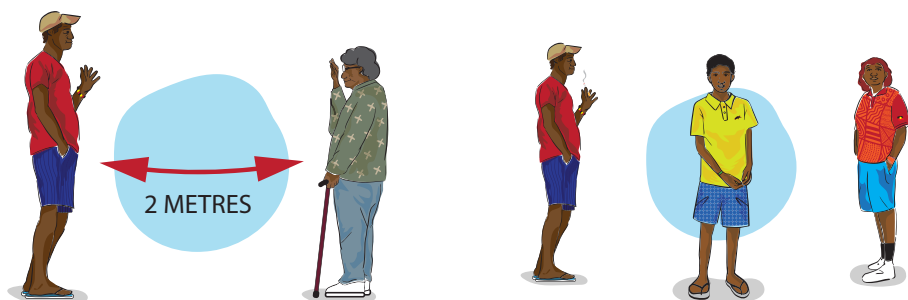
DO



Wash your hands regularly and thoroughly for 20 -30 seconds



Cover your coughs and sneezes with your elbow or a tissue. Put your tissues in the bin, then wash your hands.



Limit contact with other people especially elders

Keep your distance when out

DONT



Don't touch your eyes, nose or mouth



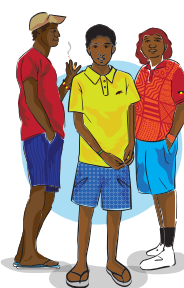
Don't share smokes, food or drinks



Don't go near people who are sick



Don't go near people who have returned from interstate or overseas



Don't stand close to people at the shops



Don't travel if you don't need to