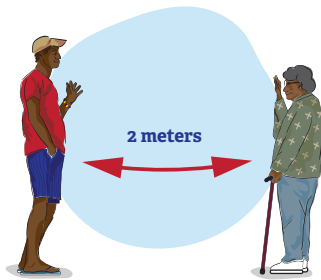


# Tips for looking after yourself during COVID-19

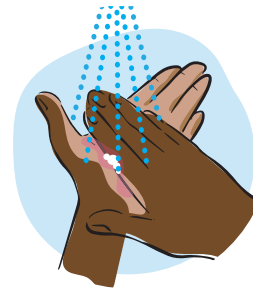
This is time to take care of your own physical, mental and spiritual wellbeing so that you can be strong and care for others, both family and community.



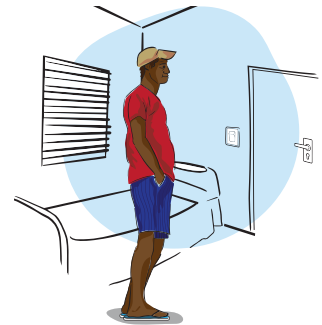
**Practice physical distancing**  
Keep at least a 2 meter distance.



**Cover your coughs and sneezes with your elbow**



**Practice good hygiene**  
Wash your hands thoroughly with soap and water



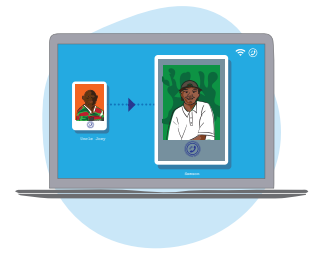
**Self isolate and quarantine if and when necessary**



**Try to eat, sleep well and exercise if you can**  
Eat smaller, more often – remember to drink water.  
Exercise – simple as stretching, fresh air and at least 6 hours sleep or rest when you can.



**Use telehealth services**



**Stay connected**  
Tell a yarn to mob, have a good laugh and talk about the future.



**Keeping your family well and safe**  
Understand the importance of staying at home.

## Important wellbeing numbers

**Beyond Blue**  
1300 22 46 36

**Lifeline**  
131 114

**Kids Helpline**  
1800 551 800

**eheadspace**  
headspace.org.au/  
ehheadspace

**1800 RESPECT**  
1800 737 732

**GriefLine**  
1300 845 745

**MensLine Australia**  
1300 78 99 78

**Suicide Call Back Service**  
1300 659 467

Remember to **dial 000 in an emergency** where you or someone you know is in immediate danger, or go to your nearest hospital emergency department.