KEEP OUR COMMUNITIES HEALTHY

Good health and hygiene
stop the spread of COVID-19

Coronavirus (COVID-19) is a dangerous illness that can spread from person to person. Practicing good hygiene and staying healthy can help stop the spread in our communities.

Cover a cough with the inside of your elbow instead of your hand.
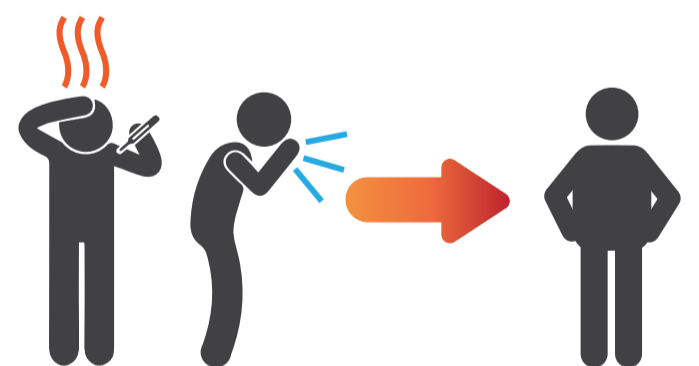
Wash your hands with soap and water for at least 20 seconds after you cough, sneeze, go to the toilet, and before making food or eating.

Put tissues in the bin and wash your hands straight away.

Keep a distance from other people, especially if they are sick.

Clean your home well, especially if someone gets sick.

If you or your family **get sick** call your local health service for advice.

In an emergency, **call 000**

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For more information visit nsw.gov.au/covid-19 or call Healthdirect (24-hour help line) on 1800 022 222