Reduce your risk of coronavirus

- **WASH** your hands often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer.
- **TRY** not to touch your eyes, nose or mouth.
- **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow.
- **STAY** at home if you feel sick. If you take medication make sure you have enough.
- **PHONE** your doctor or the hotline – 1800 675 398 if you need medical attention. They will tell you what to do.
- **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep.
- **WEARING** a face mask is not necessary if you are well.
- **BUY** an alcohol-based hand sanitiser with over 60% alcohol.

Find out more

If you are concerned, call the
**Coronavirus hotline 1800 675 398 (24 hours)**

Please keep Triple Zero (000) for emergencies only

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