

# Simple steps to reduce the risk of **coronavirus** for yourself and others



the **power** of humanity



**Wash your hands often** with soap and water, for at least 20 seconds, or use alcohol-based hand rub.



**Have a plan for your family** in case you need to stay home in isolation.



**Cough or sneeze** into your elbow or a tissue. Throw the tissue in a rubbish bin and wash your hands immediately.



**If you are well**, you do not need to wear a mask.



**Avoid close contact** with anyone who has fever or a cough.



**Stay calm and do not panic.** Most people who get coronavirus will have mild sickness.



**Stay at home if you feel sick.** If you have a fever, cough or difficulty breathing call your local doctor or 1800 020 080 for advice.



**Elderly people** and those with existing illnesses are at greatest risk.

**Questions?** Call the Coronavirus Health Information Line on 1800 020 080. You can ask for an interpreter in your language.