



Habits for a COVIDSafe Summer

- ▶ **Wash your hands** often with soap and running water for at least 20 seconds. Dry your hands with a paper towel or hand dryer.
- ▶ **Use an alcohol-based hand sanitiser** with over 60 per cent alcohol.
- ▶ **Cover your cough or sneeze** into your elbow.
- ▶ **Carry a face mask** with you when you leave home. Wearing a face mask is strongly recommended indoors and outdoors when you can't keep 1.5 metres distance from other people.
- ▶ **You must wear a face mask** when on public transport, while in taxis, ride share vehicles, or when going to large retail venues, including shopping centres, supermarkets and department stores.
- ▶ **Don't touch** your eyes, nose or mouth – or your face mask, if you're wearing one.
- ▶ **If you feel unwell** stay home. Call your GP or the Coronavirus (COVID-19) hotline on 1800 675 398 for advice.
- ▶ **Get tested** if you have coronavirus (COVID-19) symptoms. Go straight home and isolate while you wait for your results.
- ▶ **Remember**, if you're seeing friends and family – it's safer to meet outdoors.
- ▶ **Continue healthy habits** exercise, eat a balanced diet, get plenty of sleep and stay connected. Quit smoking (Quitline 137 848).



Find out more www.dhhs.vic.gov.au/coronavirus

For more information, call the

Coronavirus hotline 1800 675 398 (24 hours)

Choose option 0 for translating and interpreting services

Call Triple Zero (000) for emergencies only

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