

# Coronavirus (COVID-19)

How to  
avoid  
infection  
or spreading  
the virus



Wash your hands regularly  
with soap and water for  
at least 20 seconds



Avoid touching your  
eyes, nose or mouth



Cover your mouth or  
nose when coughing  
or sneezing



Use only disposable  
tissues, and dispose of  
them immediately after use



Avoid close contact  
with anyone showing  
respiratory symptoms



Monitor travel advice  
on Smarttraveller  
[smartraveller.gov.au](https://www.smartraveller.gov.au)



Stay at home when  
you are sick

## COVID-19 PREVENTION

SOME TIPS ON WHAT TO DO

# IF YOU'RE INFECTED



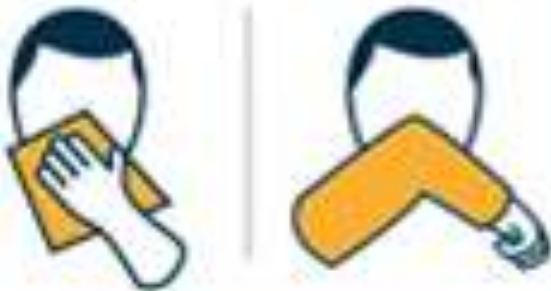
Stay at home



Avoid contact  
with others



Keep objects and  
surfaces clean



Cover your nose and  
mouth with tissue or  
elbow when sneezing



Put tissues in the  
trash and wash hands

# Taking care of your mental health during COVID-19



**Stay  
connected**

Keep in touch with friends and family via email, social media, video conferencing or telephone



**Maintain  
a healthy  
lifestyle**

- Establish a regular daily routine
- Get plenty of sleep and eat nutritious meals
- Engage in exercise and physical activities that you like



**Stay  
positive**

Remember that this period of self-isolation or quarantine is temporary and follows expert advice to help contain the virus




**Stay  
informed**

Obtain accurate information from reliable sources like the Australian Government and the World Health Organization



**Seek support**

Mental health services are available if you're  anxious, worried or overwhelmed