

# COVID-19 (Coronavirus)



## 6 steps to successful everyday hand washing using soap



Rub hands palm to palm.



Rub hands palm to palm with fingers interlaced.



In a circular motion rub the tips of fingers in the palm of the opposite hand.



Clean thumb by holding it in the other hand and rotating.



Clean wrist thoroughly also.



Rinse hands with water.



# Protect yourself and your mob!!



## Wash hands often

Wash your hands often and properly, after being out and about, before eating and after going to the toilet. The virus can be spread by your hands into your mouth, nose and eyes when you touch your face or eat food.



## Avoid close contact

Keep a safe distance from people who are coughing and sneezing and avoid hand contact such as shaking hands.



## Look after yourself

Looking after yourself by eating a healthy, balanced diet, getting regular physical activity, sleeping well and reducing stress is your best protection to avoid getting sick.

## Call your doctor

If you're unwell with any of the symptoms – seek medical advice from your doctor, Aboriginal Medical Service or your local hospital. Let them know your symptoms before presenting so they know you're coming.

Call **13HEALTH** for advice  
**13 43 25 84**



fever



feeling really  
tired



cough



sore throat



shortness  
of breath