# COVIDSafe Habits

▶ **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 recommended when at a private gathering and outdoors when you can't keep 1.5 metres distance from other people.

▶ **You must wear a face mask** on public transport, in taxis, ride share vehicles, tour vehicles, at airports and during flights to and from Victoria.

▶ **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 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 health 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**

**VICTORIA** State Government | Department of Health