Protecting Yourself from Coronavirus

Following this advice and practising hygienic respiratory etiquette can help slow the spread of COVID-19

1. Wash your hands frequently for at least 20 seconds or use an alcohol-based hand sanitizer

2. Cover your cough and sneeze with your elbow or a tissue, then dispose of the tissue in a rubbish bin

3. If unwell, avoid contact with others (stay more than 1.5 metres from people)

4. Clean and disinfect frequently touched surfaces regularly

5. Stay home if you are feeling unwell

Practising good hand and sneeze/cough hygiene is the best defence against most viruses

Coronavirus is most likely spread from person-to-person through direct or close contact

For more information visit www.coronavirus.tas.gov.au