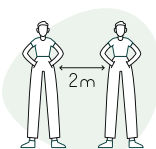# Help stop the spread of Coronavirus (COVID-19)

Wash your hands regularly with soap for at least 20 seconds

Sing Happy Birthday to yourself twice while washing your hands.

When you cough or sneeze

Cough or sneeze into your bent elbow or a tissue. If you use a tissue, put it in the bin straight away. Wash your hands with soap.

Keep your distance and no visitors to your home (social distancing)

No shaking hands, hugs, or kisses. Don't have people outside your household over, and don't go to their place.

Just stay home (self-isolating)

Stay home if you are over 50 for Aboriginal and Torres Strait Islander people or have a chronic condition.

If you have a fever, cough, or difficulty breathing, call your local medical service

They will tell you the best place to get help and prevent the spread of infection. Ask a family member or friend to do your shopping and get your medicine.

More information

For the latest advice on Coronavirus (COVID-19), go to:

- Australian Government Department of Health: www.health.gov.au
- Call the Life Without Barriers National COVID-19 (Coronavirus) Response Call Centre: 1800 313 117
- Life Without Barriers: www.lwb.org.au