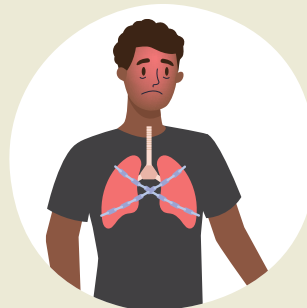


# Tips on how to keep you and your mob safe from COVID-19

COVID-19



COVID-19 is caused by a new strain of coronavirus that can make you sick. People of any age can get COVID-19. It is spread mainly through person-to-person contact, or from the droplets when an infected person coughs or sneezes and contaminates hands, objects and surfaces.

*There is currently no vaccine for the virus so it's important to do your part to protect you and your mob.*

Let's keep our community safe, strong and healthy.



ACT Health

COVID-19  
**SL**OW **THE**  
SPREAD



## Wash your hands

### Washing your hands is the best way to prevent the spread of COVID-19.

Make sure you wash your hands properly for at least 20 seconds – lather and scrub then rinse hands. Wash your hands before you eat, drink, take care of others and after blowing your nose, going to the toilet or changing nappies.

1



Wet hands

2



Apply soap

3



Lather & scrub

4



Rinse hands

5



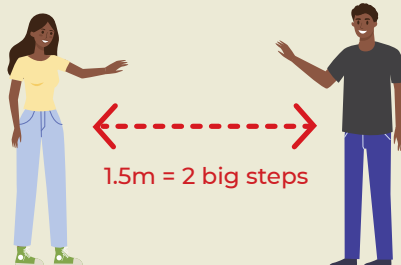
Turn off tap

6



Dry hands on paper towel and put towel in the bin

## Avoid crowds



### Keep your community safe

Try to keep a safe distance between yourself and other people wherever possible.

When possible, consider having a yarn over the phone instead of going to gatherings or events.

## STOP the spread

### Keep your family safe

When you sneeze or cough, do it into a tissue or into your elbow rather than your hands. Wave at your mob to say hello and goodbye rather than hugging or kissing.



## If you are feeling sick...



### If you or members of your family are feeling sick with cold or flu-like symptoms, stay home.

Try to avoid being too close to people, especially Elders and people living with illnesses such as diabetes, heart and lung problems, as COVID-19 can make them sicker.