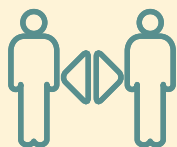


# 6 SIMPLE STEPS

## TO PROTECT YOU AND YOUR LOVED ONES FROM CORONAVIRUS (COVID-19)

While there is no vaccine currently available for Coronavirus, there are simple ways we can all stop it from spreading.



### Keep your distance

from others if you're sick OR if they're sick. Avoid close contact such as shaking hands, hugging and kissing.



### Stay home from work and school if you are unwell

Don't go shopping or use public transport until you feel better.



### Wash your hands

regularly, particularly after going to the toilet, blowing your nose and handling used tissues.



### Cover coughs and sneezes

with a clean tissue or your elbow.



### Avoid touching

your eyes, nose and mouth. And don't handle food unless you have washed your hands.



### Wipe down

frequently touched surfaces like bathroom sinks and kitchen counters.

For the latest information about Coronavirus, refer to the trusted websites below:

**SA Health**



[sahealth.sa.gov.au/COVID2019](https://sahealth.sa.gov.au/COVID2019)



[facebook.com/SAHealth](https://facebook.com/SAHealth)



[@SAHealth](https://twitter.com/SAHealth)

Smartraveller [smartraveller.gov.au](https://smartraveller.gov.au)  
Australian Government Department of Health [health.gov.au](https://health.gov.au)



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