



COVID-19

Keep your family, friends and community COVID safe in NSW



Gather outdoors, where possible. If you must gather indoors, choose large, well-ventilated areas and open windows and doors if you can. Try to have smaller, shorter gatherings, especially if indoors.



Please remember to keep gatherings with friends and family small to protect yourself and loved ones.



Check the **NSW Government website** to see how many visitors are allowed at a place of residence.



Visit the **NSW Government website** for information on **when to wear a face mask**.



Don't hug or kiss people who are not from the same household as you.



Stay **1.5 metres** away from anyone you don't live with.



Don't share utensils or food.



Wash your hands regularly with soap and water. Take hand sanitiser with you if heading out.



If you have a fever, sore throat, cough, runny nose, shortness of breath or loss of taste or smell, get tested for COVID-19 immediately and stay home.



Getting tested at a COVID-19 testing clinic is **free, quick and easy**, and there is no limit to the number of tests you can have.



In NSW, most people receive their test results **within 24 hours**.



Stay home if unwell until a negative COVID-19 result is received, even if you are feeling better. This is to keep your family, friends and community safe.

If you have questions and need support:

- Call **1800 020 080** (24/7) for health questions or to check symptoms.
- Call **13 77 88** (24/7) for non-health related questions.
- Call **1800 512 348** (24/7) for mental wellbeing support.
- For a free telephone interpreter, please contact TIS National on **131 450** and say the language you need. You can then ask the interpreter to connect you to the number you wish to contact
- Visit **www.healthdirect.gov.au** to check symptoms.
- Visit **www.nsw.gov.au/covid-19** for all other COVID-19 related information.

