

Stay in your home

No work, school, shopping, visiting public places, or catching public transport.



*You can leave home to seek medical care or in an emergency.

If you live with other people

- Don't share a room or bathroom, if possible
- Keep 2 big steps apart
- Wear a mask in the same room as others (even if they are also in isolation)
- Don't share household items like towels, bedding or dishes. Wash after use.

No visitors



Wash your hands often

Use soap or hand sanitiser.



Keep up a normal routine

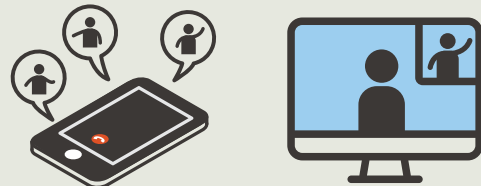
Exercise regularly at home.



Cover coughs and sneezes



Stay connected over the phone or online



Clean surfaces you touch often



Seek support from a counsellor 24/7

Lifeline
13 11 14
lifeline.org.au

Beyond Blue
1800 512 348
coronavirus.beyondblue.org.au



Monitor symptoms

Call Triple Zero (000) if symptoms become serious (e.g. you can't breathe properly).



Still have questions?

www.nsw.gov.au/covid-19
National Coronavirus Helpline
1800 020 080 (24-hour help line)