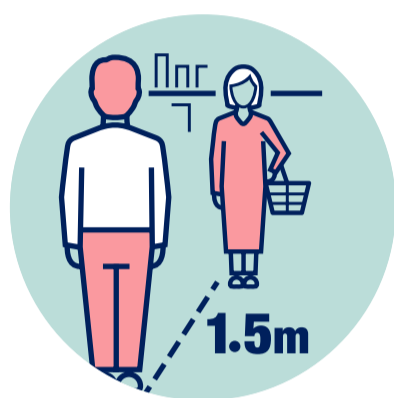


# Keeping everyone safe: Physical distancing

helps stop the spread of COVID-19 between people



**Stay 1.5 metres or 2 big steps away from other people.**



**Stay at home. You can go out to shop, see a doctor or care for someone.**



**Limit visits with family or friends. Talk to them on the phone or online instead.**



**Outdoor exercise is OK but stay 1.5 metres away from others.**



**No shaking hands, hugging or kissing other people.**



**If you are sick, stay at home.**

## Stay Safe



**Wash your hands with soap for at least 20 seconds or use a hand sanitiser.**



**Cough or sneeze into your elbow or a tissue. Throw the tissue away immediately.**



**Do not touch your mouth, nose or eyes.**

## For more information

Call the National Coronavirus Health Information Line on 1800 020 080.

For a free telephone interpreter ring 131 450, say the language you need. Ask the interpreter to connect you to the Coronavirus Health Information line.