Who should I consult?

- If you feel unwell, call 13 14 50 (NSW Health) or your GP.
- If your symptoms persist, call your GP or go to your local hospital.
- If you have COVID-19 symptoms and are not well, call your GP or go to your local hospital.
- If you have severe symptoms, call 000 immediately.

What can I do if I’m still at risk?

- Avoid contact with others.
- Wear a mask when you’re out.
- Wash your hands frequently.
- Use hand sanitiser.
- Avoid close contact with others.
- Keep a distance of 1.5 metres from others.
- Clean and disinfect your hands before and after handling food.

What can I do if I’m still at home?

- Stay at home.
- Avoid eating with others.
- Avoid close contact with others.
- Avoid sharing household objects.
- Keep your hands clean.
- Use hand sanitiser.

Suggested resources:

- lifeline.org.au
- coronavirus.beyondblue.org.au

For more information, please visit www.nsw.gov.au/covid-19.