














COVID-19

Keep your family, friends and community COVID-19 safe in NSW

-  Please remember to keep gatherings with friends and family small to protect yourself and loved ones.
-  You can have maximum of **20 visitors** to your home or have gatherings with less than **30 people** in an outdoor public place at any one time.
-  If you go to a place of worship, **wear a mask** if unable to physical distance.
-  Don't hug or kiss people who are not from the same household as you.
-  Be aware of staying **1.5 meters** distance away from anyone you don't live with.
-  Don't share utensils and foods.
-  Wash your hands regularly.
-  If you have a fever, sore throat, cough, runny noses, shortness of breath or loss of taste or smell, please get tested for COVID-19 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 when unwell until a negative COVID-19 result is received, even if you are feeling better. This is to keep your loved ones, friends and colleagues 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.

