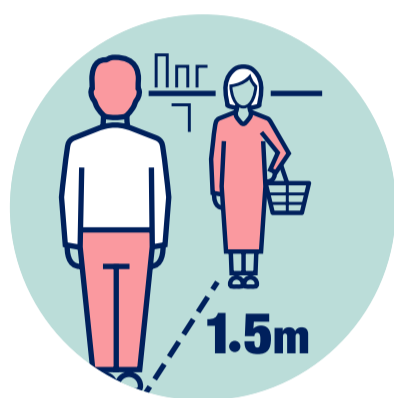


Keeping everyone safe: Social distancing

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.



Don't visit 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.