Protect yourself from viruses

- **Clean** your hands with soap and water, or hand sanitiser.
- **Cover** your nose and mouth when you cough or sneeze.
- **Practise** physical distancing, and wear a mask if you can’t keep a distance of 1.5m.
- **Avoid** close contact with anyone with cold or flu-like symptoms.
- **Stay home** if you are sick.

Find the facts
health.nsw.gov.au/coronavirus

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