

COVID-19 (Coronavirus)

Who to call



Questions and 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
- Visit www.healthdirect.gov.au to check symptoms.
- Visit www.nsw.gov.au/covid-19 for all other COVID-19 related information

Triple Zero

Save **Triple Zero (000)** for emergencies such as difficulty breathing or shortness of breath at rest.

Interpreter service

For free help in your language call **13 14 50**.

If you have symptoms

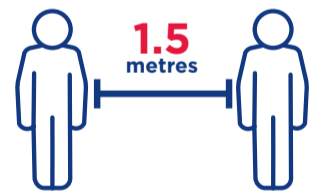


- **Self-isolate first.** Call your GP or visit a public COVID-19 clinic: www.nsw.gov.au/covid-19
- Travel in your own car or a private car driven by a family member or an existing close contact. **Do not travel by public transport, taxi or ride-share service.**
- **Wear a surgical mask.** If unavailable, ask for one immediately when you arrive.

Protect yourself and others.



Practise **good hygiene**



Practise **social distancing**



Stay home if you can

