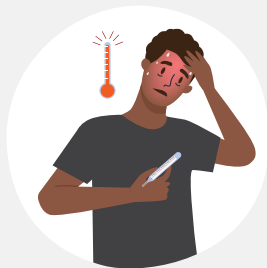
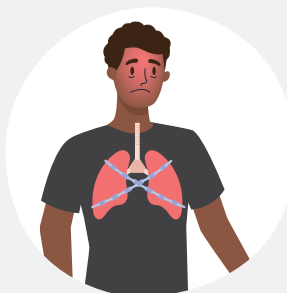
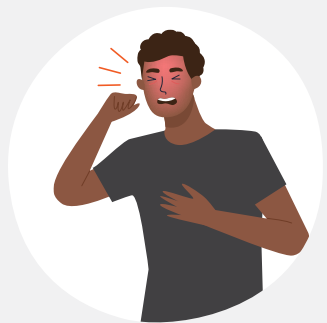
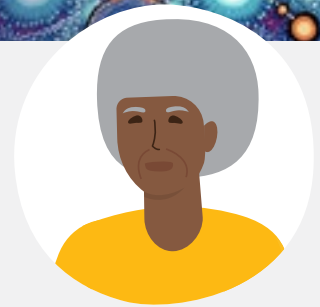


Tips on how to keep you and your mob safe **from COVID-19**



COVID-19 is caused by a new strain of coronavirus that can make you sick. People of any age can get COVID-19. It is spread mainly through person-to-person contact, or from the droplets when an infected person coughs or sneezes and contaminates hands, objects and surfaces.

Get your COVID-19 vaccination as soon as you can. Getting vaccinated will help to protect you and your mob from getting very sick from COVID-19. Find out how to make a booking at www.covid19.act.gov.au/getmyvaccine

Wash your hands

Washing your hands is the best way to prevent the spread of COVID-19

Make sure you wash your hands properly for at least 20 seconds – lather and scrub then rinse hands. Wash your hands before and after you eat or take care of others, and after blowing your nose, going to the toilet or changing nappies.

1



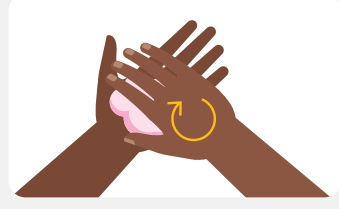
Wet hands

2



Apply soap

3



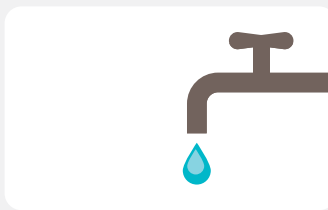
Lather & scrub

4



Rinse hands

5



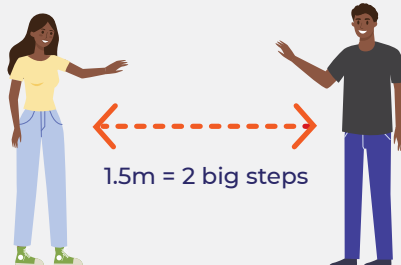
Turn off tap

6



Dry hands on paper towel and put towel in the bin

Avoid crowds



Keep your community safe

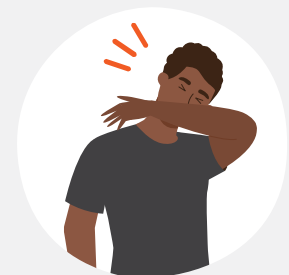
Try to keep a safe distance between yourself and other people wherever possible.

When possible, consider having a yarn over the phone instead of going to gatherings or events.

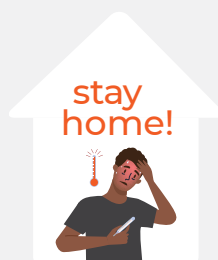
STOP the spread

Keep your family safe

When you sneeze or cough, do it into a tissue or into your elbow rather than your hands. Wave at your mob to say hello and goodbye rather than hugging or kissing.



If you are feeling sick...



If you or members or your family are feeling sick with cold or flu-like symptoms, get tested for COVID-19 and stay home

Try to avoid being too close to people, especially Elders and people living with illnesses such as diabetes, heart and lung problems, as COVID-19 can make them sicker.