

# PREVENT THE SPREAD OF GERMS



The virus that causes COVID-19 is thought to spread mainly from person to person in close contact with one another and through droplets produced when an infected person coughs or sneezes.

Good hygiene practices will reduce your risk of getting sick and spreading disease.

Always make sure you do the following:



**Wash your hands regularly** with soap and water or alcohol-based hand sanitiser for 20 to 30 seconds



**Cover your cough and sneeze with a tissue** or your inner elbow and wash your hands afterwards



**Discard used tissues** immediately into a bin



**Avoid close contact** with people who are sick



**Avoid touching** your eyes, nose, and mouth



**Stay at home and avoid social activities** or mass gatherings if you're feeling unwell

For more information on COVID-19 in the ACT, visit [health.act.gov.au/novelcoronavirus](https://health.act.gov.au/novelcoronavirus)



**ACT**  
Government

**ACT Health**

[health.act.gov.au](https://health.act.gov.au)