

Preventing the spread of **CORONAVIRUS** (COVID-19)

CLEANING



When cleaning staff should
wear gloves



You should use **alcohol-based
hand sanitiser before and
after wearing gloves**



Clean frequently
touched surfaces

HYGIENE

Regularly and thoroughly **clean your hands
with an alcohol-based hand rub** or
wash them with soap and water.

Avoid touching your eyes, nose,
or mouth with your hands.

Do not cough or sneeze
into your hands.



Cover coughs and sneezes with the bend
of your elbow, or use a tissue, then
dispose of it immediately in a
closed bin and wash your hands.

**Use Masks and personal protective
equipment** when you are sick or
caring for someone who is sick.

DISTANCING

Maintain **at least 1.5 metre distance** between yourself and anyone who is coughing or sneezing.
If you are **unwell stay home**, avoid close contact with others (touching, kissing and hugging).
If you have fever, cough and difficulty breathing **seek early medical care.**

Stay informed of the latest updates about
how to protect yourself and others from
Coronavirus (COVID-19).

Follow advice given by your healthcare provider.
Follow advice given by your national and local
public health authority.

Coronavirus (COVID-19) Health Information Line
Call **1800 020 080** if you are seeking information
on Coronavirus (COVID-19). The line operates 24 / 7.

Healthdirect hotline

Call **1800 022 222** to speak to a registered nurse
about your health concerns. The hotline is open 24/7
Website: www.healthdirect.gov.au



Australian
Retailers
Association



If you have fever, cough and difficulty breathing,
SEEK EARLY MEDICAL CARE

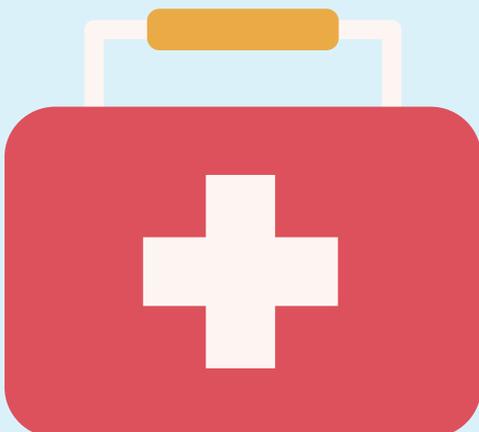
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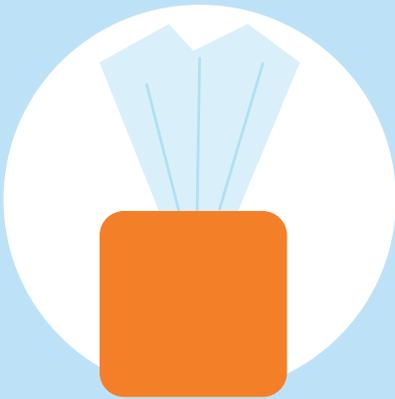
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Wash your hands
with soap and water



Use an alcohol-based
hand sanitizer



Cover your cough or sneeze
with a tissue or with
the bend of your elbow



Avoid touching your
eyes, nose and mouth



Avoid close contact
with sick people



Disinfect frequently
touched objects