Ten ways to reduce your risk of coronavirus

- WASH hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.

- TRY not to touch your eyes, nose or mouth.

- COVER your nose and mouth with a tissue when you cough or sneeze. If you don’t have a tissue cough or sneeze into your upper sleeve or elbow.

- ISOLATE yourself at home if you feel sick. If you take medication ensure you have adequate supplies.

- PHONE your GP first if you need medical attention. They will tell you what to do.

- CONTINUE healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.

- DON’T wear a face mask if you are well.

- BUY an alcohol-based hand sanitiser with over 60 per cent alcohol.

- GET the flu shot (available April).

- SHAKING HANDS is optional!

Find out more

If you are concerned, call the
Coronavirus hotline 1800 675 398 (24 hours)
Please keep Triple Zero (000) for emergencies only