



What do I do?

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This fact sheet will tell you

- What to do. It will help you stay well;
- How to stop you giving it to other people.

What is COVID-19?

Read our fact sheet **What is COVID-19?**

Keep yourself well.

Wash your hands

Use soap and water. Dry your hands.

You need to wash your hands for a short time. Like sing 'Happy Birthday to you.'

Wash your hands until you finish the song.

Wash your hands

- During the day;
- Before you eat;
- Before you touch food;
- Before you cook.

and

- After the toilet;
- After eating;
- After you use a tissue.

We do sometimes cough

Cover your mouth when you cough or cough into your elbow.

We do sometimes sneeze

Use a tissue. Put the tissue in the bin straight away.

And

Wash your hands.

Keep away from other people

Stand 3 big steps away from them. This is called **social distancing**.

See the **posters** on social distancing.

On objects

COVID-19 may be on objects you use. Like

- Door handles at public toilets;
- Buttons for lifts;
- Tables;
- Computer keyboards.

Do not put your hands near your mouth. Wash your hands after you touch them.

We meet people

Do **not** shake hands.

Masks

When you are well you do **not** need a mask.

Ask your doctor when you need to wear a mask.

You may still get sick

Ring your doctor before you go there.

The doctor may come to you

or

Tell you to wait in a special place at their clinic.

The doctor may do a test. It will help the doctor know what to do.

When you are sick you

- May need to stay at home;

or

- Go to hospital.

Your doctor will tell you. They will also tell you what to do if you get more sick.

Your doctor tells you to stay at home. This is called **self-isolation**.

Self-Isolation

You need to stay at home.

It will be for 2 weeks or more.

You must

- **Not** go to work;
- **Not** go to friends' homes;
- **Not** go to school;
- **Not** go to other activities. Like swimming.

Only the people you live with must be at home. You can **not** have visitors.

Ask other people to

- get some food for you;
- medicines;
- other things you must have.

They can leave it at your front door. Many places may also drop things off for you. Like

- Your chemist may do home delivery;
- Order food online.

Get a mask

You may have to go out. You must wear your mask then. Your doctor will tell you when you can stop wearing your mask.

More information

COVID-19 information from the government. www.health.gov.au

Call 1800 020 080. You can call at

- Any time;
- Any day.

Translations. Call 131 450

This fact sheet is based on The Australian Government Health Department What you need to know Fact sheet. 17 03 2020.