



Stay COVID safe

Protect yourself, your friends and your whole community

Get vaccinated



It's FREE, and very safe to get.

Getting vaccinated can stop you and your whole community from getting very sick from COVID-19. Talk to your healthcare worker or clinic about getting your jab.

Don't forget to get your 2nd dose and when it's your time, get your booster too.

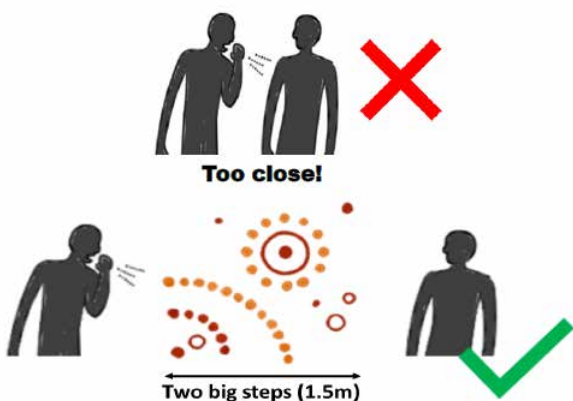
Get tested if you're sick



If you have COVID symptoms call your doctor or clinic. Let them know you feel sick, so they can help.

If you are very sick and need urgent help call 000

Keep your distance



Try and stay two big steps away from others – or 1.5m

Wash hands often



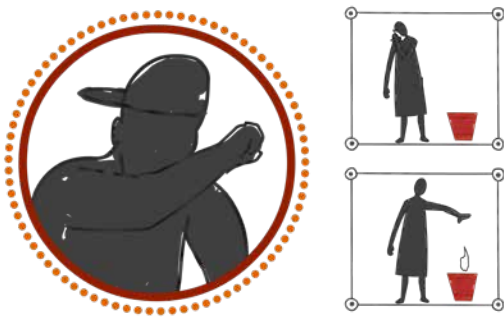
Wash your hands with soap and water – or use hand sanitiser:

every time you cough, sneeze, go to the toilet, blow your nose, pat your dog and before you eat.



Stay COVID safe

Cover coughs and sneezes



Cover coughs and sneezes with your inner elbow or a tissue.

Throw tissues in the bin and wash your hands afterwards.

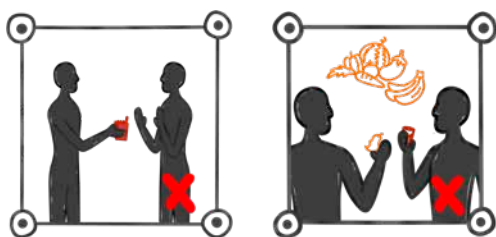
Clean surfaces you share



People with COVID-19 can spread it to things they cough on or touch (if they haven't washed their hands).

Spray and wipe clean door handles, TV remotes, benches, phones, taps etc often.

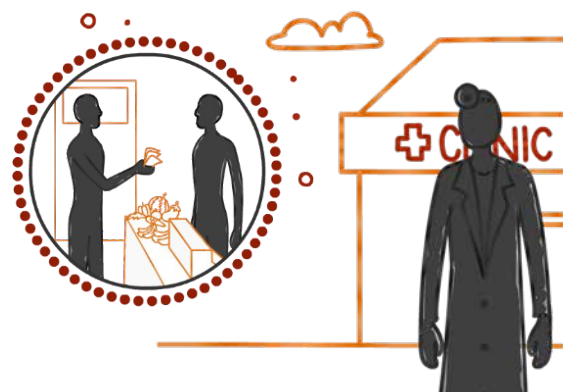
Don't share some things



Don't share things like food, smokes, drink bottles, pillows and towels.

People with COVID-19 can spread it to things they cough on or touch (if they haven't washed their hands).

Stay strong, stay healthy



Eat good food, exercise and keep your regular health appointments.