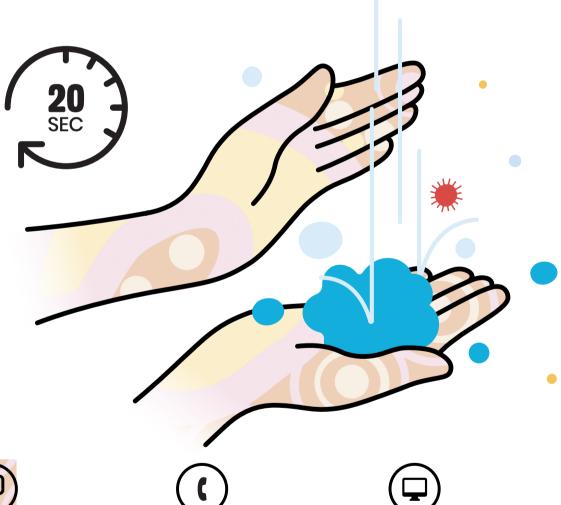# KEEP THE GERMS AWAY, WASH YOUR HANDS.

Help stop the spread of coronavirus in our communities:

- Cover a cough with the inside of your elbow instead of your hand.
- Avoid touching your eyes, nose and mouth, where the virus can enter your body.
- Where possible wash your hands with soap and water for at least 20 seconds – do this after you cough, sneeze, go to the toilet and before you make any food.

20 SEC

Download the **COVIDSafe** app on your phone so you'll be contacted if you are exposed to coronavirus.

Phone the 24 hour **National Coronavirus Helpline** on **1800 020 080**.

Visit **australia.gov.au** and follow **#keepourmobsafe** on social media.

Australian Government