

CORONAVIRUS COVID-19

YOU CAN HELP TO PREVENT THE SPREAD

**STOP
THE
SPREAD**



HEALTH

If you have symptoms of a cold or flu you should stay at home. Regardless of your travel or contact history.



SYMPTOMS

If you have symptoms please visit: dhs.vic.gov.au/coronavirus for testing locations nearest to you.



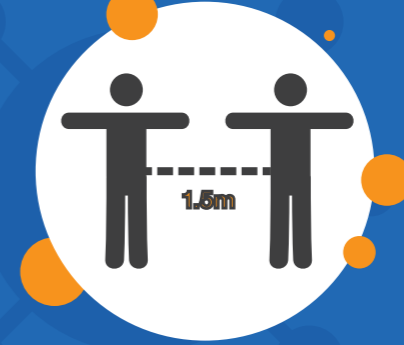
TRAVEL

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days.



STOP

shaking hands or hugging when saying hello or greeting other people



DISTANCE

yourself at least 1.5 metres away from other people especially those who might be unwell



WASH

your hands well and often to avoid contamination



COVER

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



AVOID

touching eyes, nose, or mouth with unwashed hands



CLEAN

and disinfect frequently touched objects and surfaces

- ! Do wash your hands regularly and maintain good hygiene practices.
- ! Reduce social interactions and avoid shaking hands or making close contact where possible.
- ! Avoid common use pens.
- ! Scheduling or staggering breaks for workers to avoid on-site gatherings during these times.

- ! Keep a distance of 1.5m between you and other people when working, or eating.
- ! Going contactless as far as practicable with orders and site deliveries.
- ! Do not directly drink from fountains, use disposable cups.
- ! Scheduling sub-trades and work to minimise people on site and have designated work zones away from other workers performing different tasks.



For more information visit health.gov.au