

Preventing the spread of **CORONAVIRUS** (COVID-19)

CLEANING



When cleaning staff should **wear gloves**



You should use **alcohol-based hand sanitiser** before and after wearing gloves



Clean frequently touched surfaces

HYGIENE

Regularly and thoroughly **clean your hands with an alcohol-based hand rub** or wash them with soap and water.

Avoid touching your eyes, nose, or mouth with your hands.

Do not cough or sneeze **into your hands.**



Cover coughs and sneezes with the bend of your elbow, or use a tissue, then dispose of it immediately in a closed bin and wash your hands.

Use Masks and personal protective equipment when you are sick or caring for someone who is sick.

DISTANCING

Maintain **at least 1.5 metre distance** between yourself and anyone who is coughing or sneezing.

If you are **unwell stay home**, avoid close contact with others (touching, kissing and hugging).

If you have fever, cough and difficulty breathing **seek early medical care.**

Stay informed of the latest updates about how to protect yourself and others from Coronavirus (COVID-19).

Follow advice given by your healthcare provider.

Follow advice given by your national and local public health authority.

Coronavirus (COVID-19) Health Information Line

Call **1800 020 080** if you are seeking information on Coronavirus (COVID-19). The line operates 24/7.

Healthdirect hotline

Call **1800 022 222** to speak to a registered nurse about your health concerns. The hotline is open 24/7
Website: www.healthdirect.gov.au



Australian
Retailers
Association



If you have fever, cough and difficulty breathing,
SEEK EARLY MEDICAL CARE

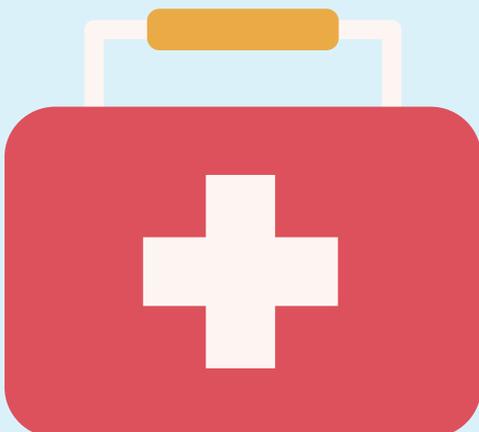
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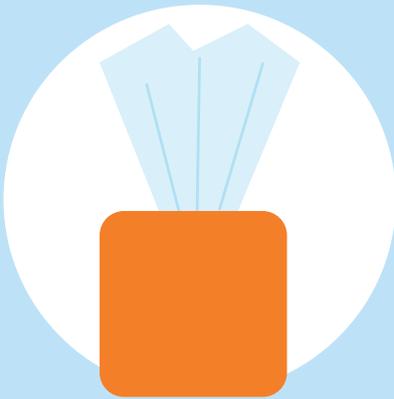
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Wash your hands
with soap and water



Use an alcohol-based
hand sanitizer



Cover your cough or sneeze
with a tissue or with
the bend of your elbow



Avoid touching your
eyes, nose and mouth



Avoid close contact
with sick people



Disinfect frequently
touched objects