How to protect yourself, mob and community from COVID-19.

- Clean your hands for at least 20 seconds with soap and water, or an alcohol-based hand rub
- Cover your nose and mouth when coughing/sneezing with a tissue or a flexed elbow
- Avoid close contact with anyone with cold or flu-like symptoms
- Stay home if you are sick
- Don't touch your face after touching other surfaces

Our Health District Living Well Together

WESTERN NSW LOCAL HEALTH DISTRICT COVID-19 (CORONAVIRUS) CALL CENTRE 1300 066 055

This information is made available to support our Aboriginal communities to reduce your risk through the COVID-19 (Coronavirus).

We all have a responsibility to make smart decisions to protect our families and communities.

NSW GOVERNMENT | Health Western NSW Local Health District