

# STOP THE SPREAD

**STAY STRONG**

## CORONAVIRUS AND GOOD HYGIENE



### **CORONAVIRUS (COVID-19) IS SPREAD THROUGH CLOSE CONTACT WITH A PERSON WHO HAS THE VIRUS.**

The virus can also be spread when droplets fall onto a surface like a table or door handle where you put your hands. If you touch these surfaces, and then touch your face, you could be exposed to the virus.

Stop the spread of coronavirus by washing your hands often with soap and running water, for at least 20 seconds. Alcohol based hand sanitiser can also be used.

Cover your cough or sneeze with a tissue or bended elbow, and put used tissues in the bin.

Try not to touch your eyes, nose and mouth.

Masks are not required to be worn by healthy people. They are only needed for health care workers or people with coronavirus or symptoms of the virus.



USE  
TISSUES



PLACE  
TISSUES  
IN BIN



COUGH  
OR SNEEZE  
INTO  
ELBOW



WASH  
HANDS

### **FURTHER INFORMATION**

**SA Government COVID-19 website**  
[www.covid-19.sa.gov.au](http://www.covid-19.sa.gov.au)

**AHCSA COVID-19 website**  
[www.ahcsa.org.au](http://www.ahcsa.org.au)

