

HOW TO STAY SAFE DURING THE COVID-19 PANDEMIC



COUGH AND SNEEZE INTO YOUR SLEEVE

Cover your cough or sneeze using the bend of your elbow

VIRTUAL HUGS TO STOP SPREADING THE BUGS

Spread kindness instead

Avoid close contact with anyone



SHAKA, NOT SHAKE

Wash your hands frequently

Avoid touching your eyes, mouth, nose or shaking hands with other people

IT'S NORMAL TO FEEL SAD, STRESSED, CONFUSED, SCARED OR ANGRY DURING A CRISIS

Listen to those in need. Talk to people



DON'T WAIT, SELF ISOLATE

When staying at home, focus on wellbeing - maintain a healthy lifestyle with diet, sleep and exercise

STAY E-SAFE

Increased time spent on devices = increased opportunities to befriend children online. Ensuring children's safety online is paramount. Visit [crimestoppers.com](https://www.crimestoppers.com) or [esafety.gov.au](https://www.esafety.gov.au)

