

## Ten ways to reduce your risk of (COVID-19)

# CORONAVIRUS

- **Wash hands regularly with soap** and running water, for at least 20 seconds. **Dry** with paper towel or hand dryer.
- **Cover your nose and mouth** with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- **Avoid** touching your eyes, mouth or nose.
- **Monitor your health** and be aware of any symptoms you develop.
- **Phone your GP** first if you need medical attention. They will tell you what to do and report to your HR department.
- **Avoid shaking hands.**
- **Continue healthy habits:** exercise, drink water, get plenty of sleep.
- **Use cutlery when eating** and avoid using your hands.
- **Keep work surfaces clean.** Bacterial wipes should be used on shelves, counters and registers.
- **Get the flu shot** (available April).

To find out more visit [www.health.gov.au](http://www.health.gov.au)

**MGA**  
INDEPENDENT RETAILERS

If you are concerned, call the  
**Coronavirus Hotline 1800 020 080**

“MAKING LIFE EASIER

