

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

CORONAVIRUS

- **Wash hands often with soap** and running water, for at least 20 seconds. **Dry** with paper towel or hand dryer.
- **Try not to touch** your eyes, nose or mouth.
- **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.
- **Report immediately** to HR if you feel sick. If you take medication ensure you have adequate supplies.
- **Phone your GP** first if you need medical attention. They will tell you what to do.
- **Continue healthy habits:** exercise, drink water, get plenty of sleep.
- **Don't wear** a face mask if you are well.
- **Keep surfaces clean.** Clean work surfaces regularly to help get rid of germs.
- **Get the flu shot** (available April).
- **Avoid shaking hands.**

To find out more visit www.health.gov.au

If you are concerned, call the

Coronavirus Hotline 1800 020 080

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