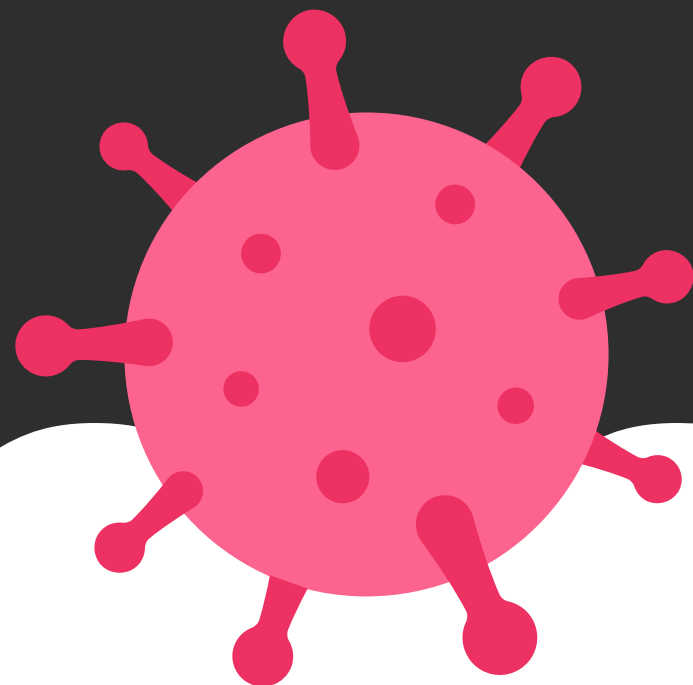


Prevent the spread of COVID-19 in 7 STEPS



01 Wash your hands regularly

02 Avoid touching your eyes, nose and mouth

03 Cover your cough and sneeze using a tissue or the bend of your elbow

04 Avoid close contact with anyone that has fever or cough

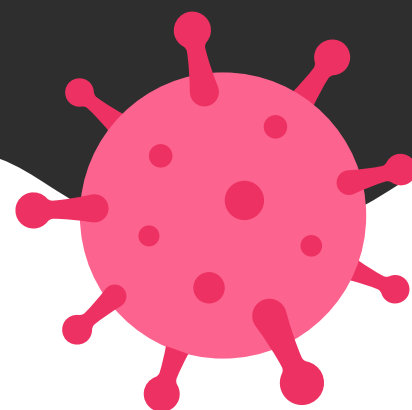
05 Discard used tissues immediately into a bin

06 Stay at home and avoid social activities if you feel unwell

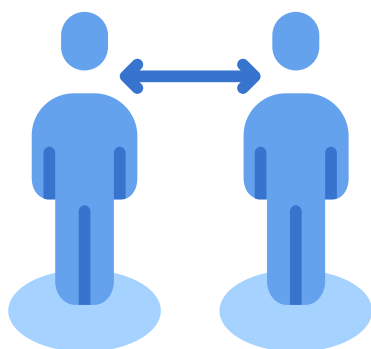
07 Practise physical distancing

Don't forget to be

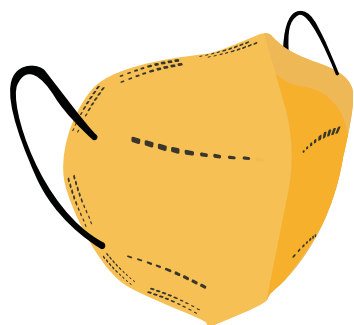
COVID SMART



Maintain good hand hygiene



Keep your distance



Wear a mask when you cannot maintain physical distancing



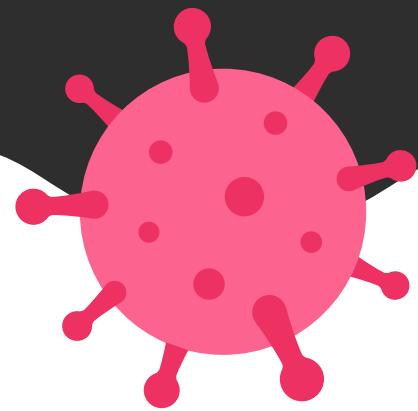
Stay home if unwell and get tested

For more information on COVID-19, please visit australia.gov.au



**When entering and
exiting the premises
please use**

HAND SANITITISER



For more information on COVID-19, please visit australia.gov.au

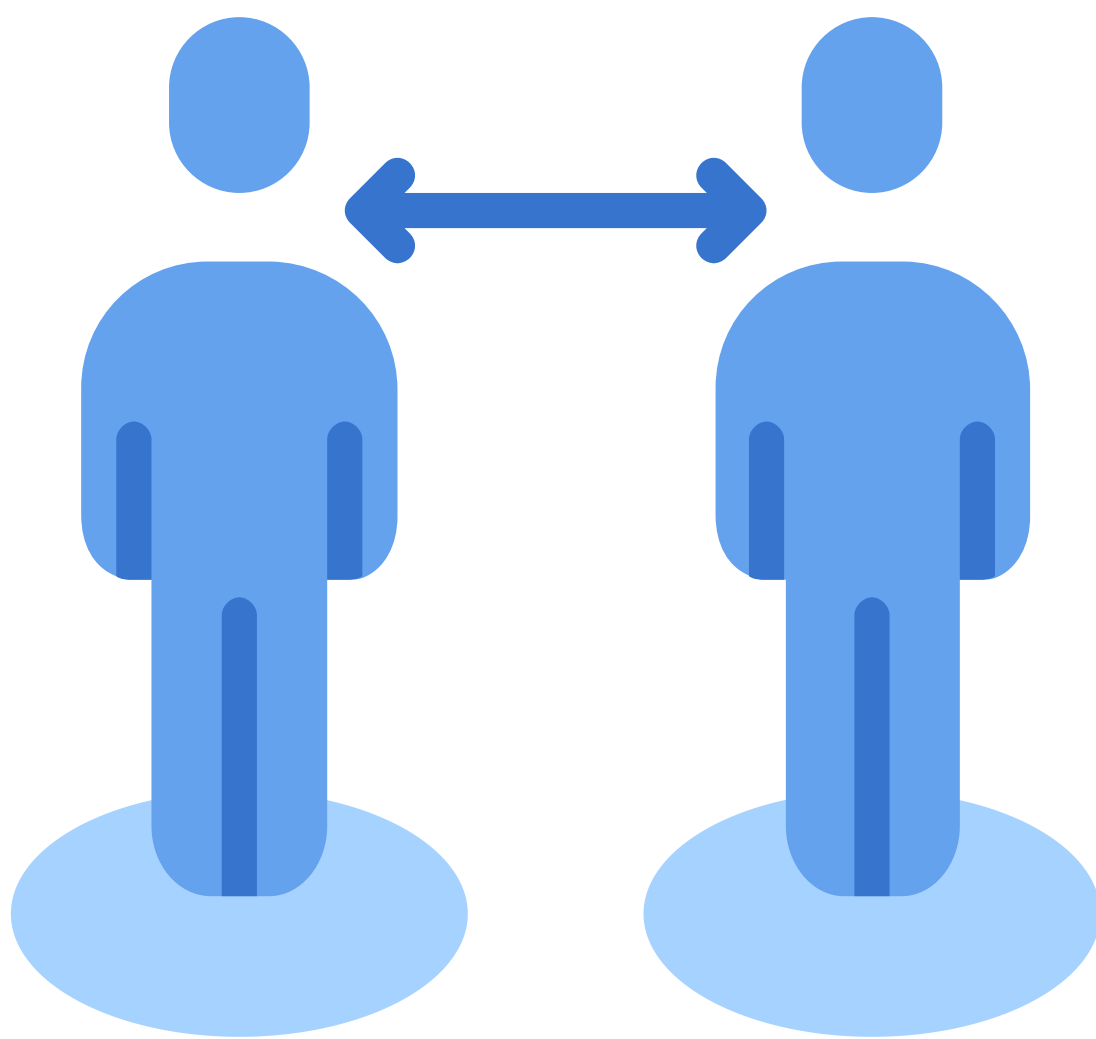
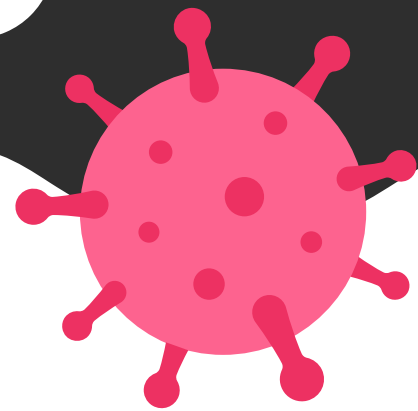
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**Please remember to
continue practising**

PHYSICAL DISTANCING



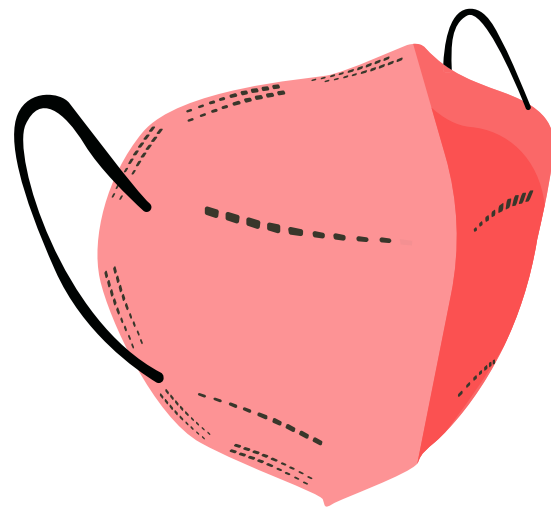
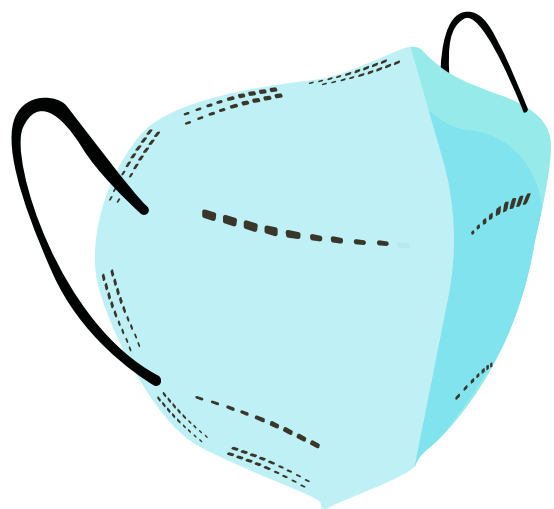
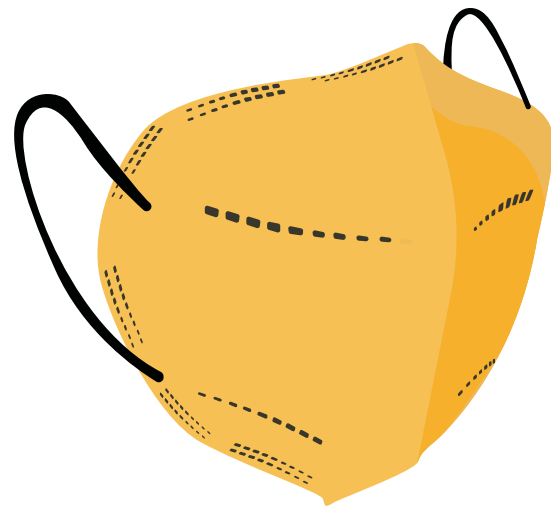
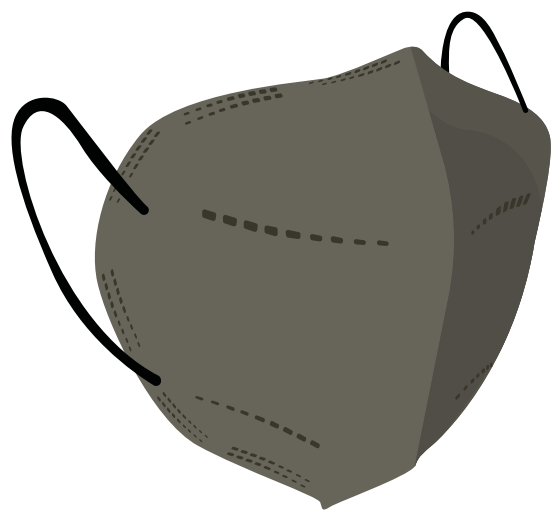
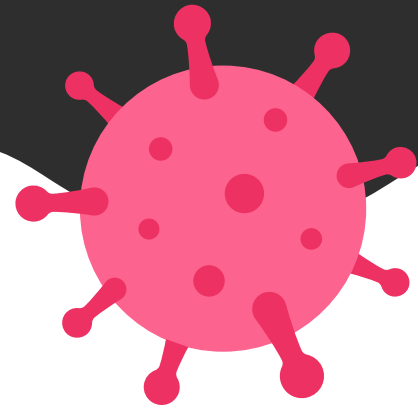
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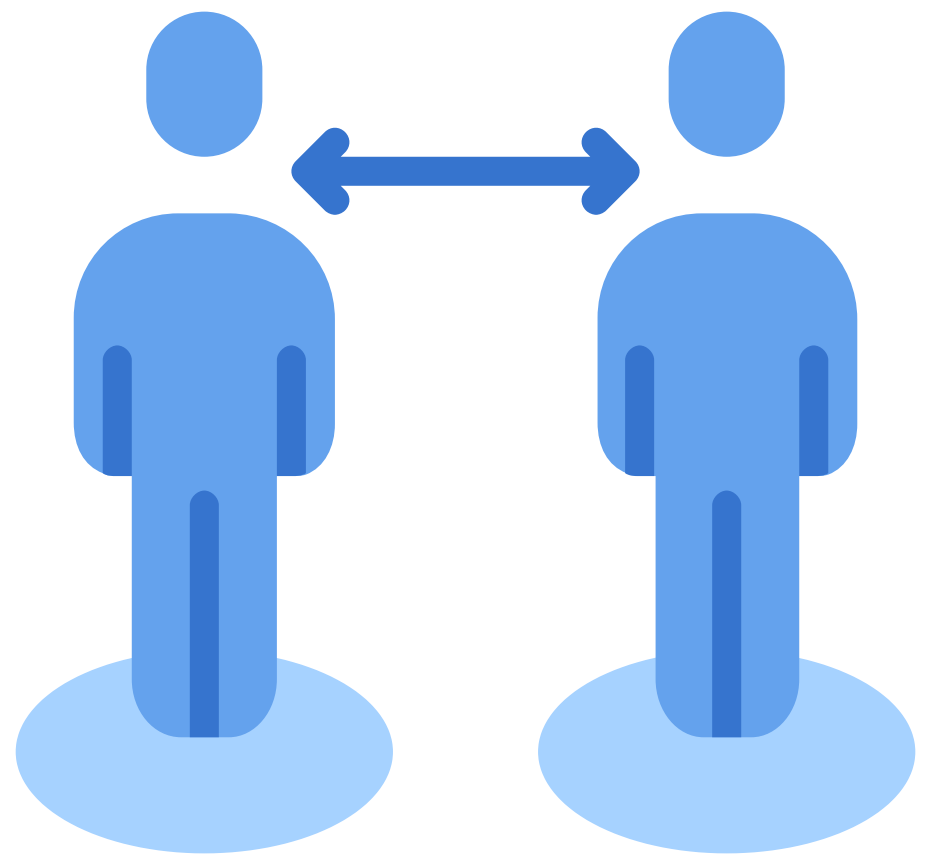
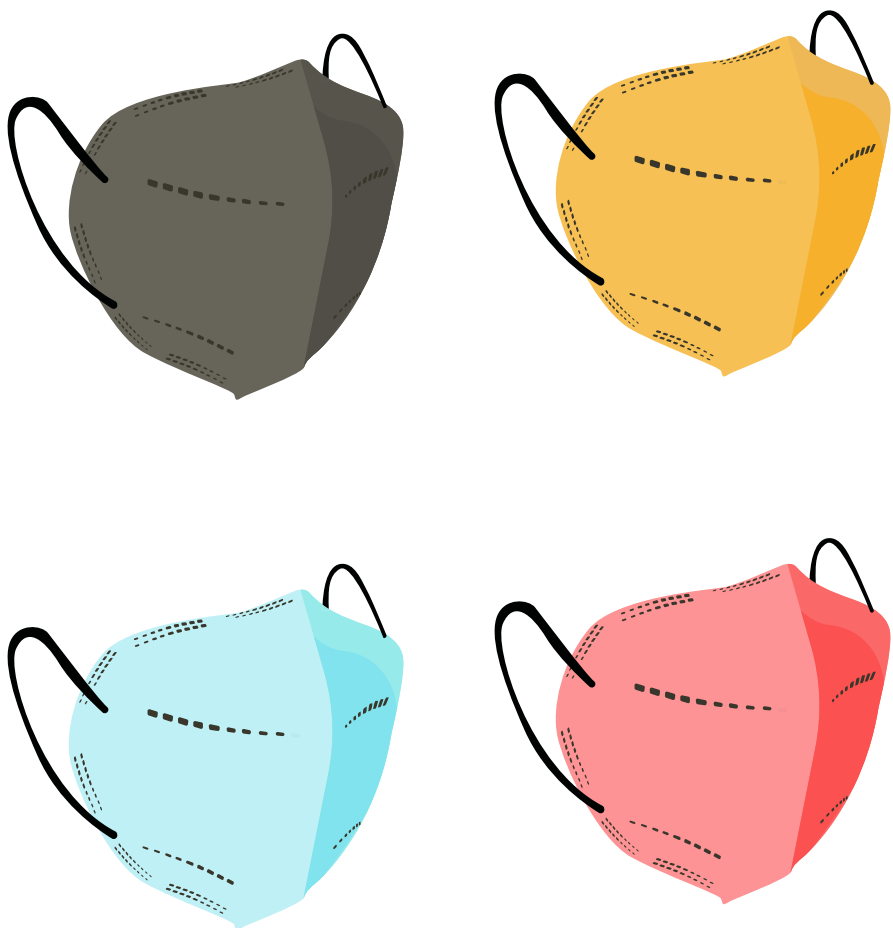
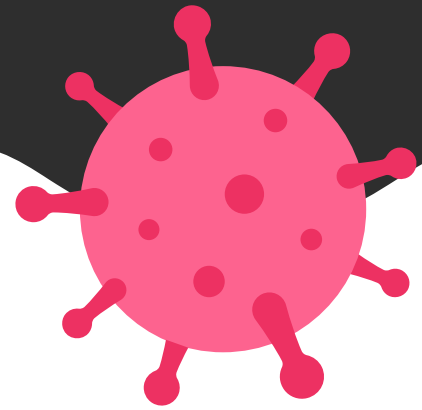
ATTENTION FACE MASKS MUST BE WORN



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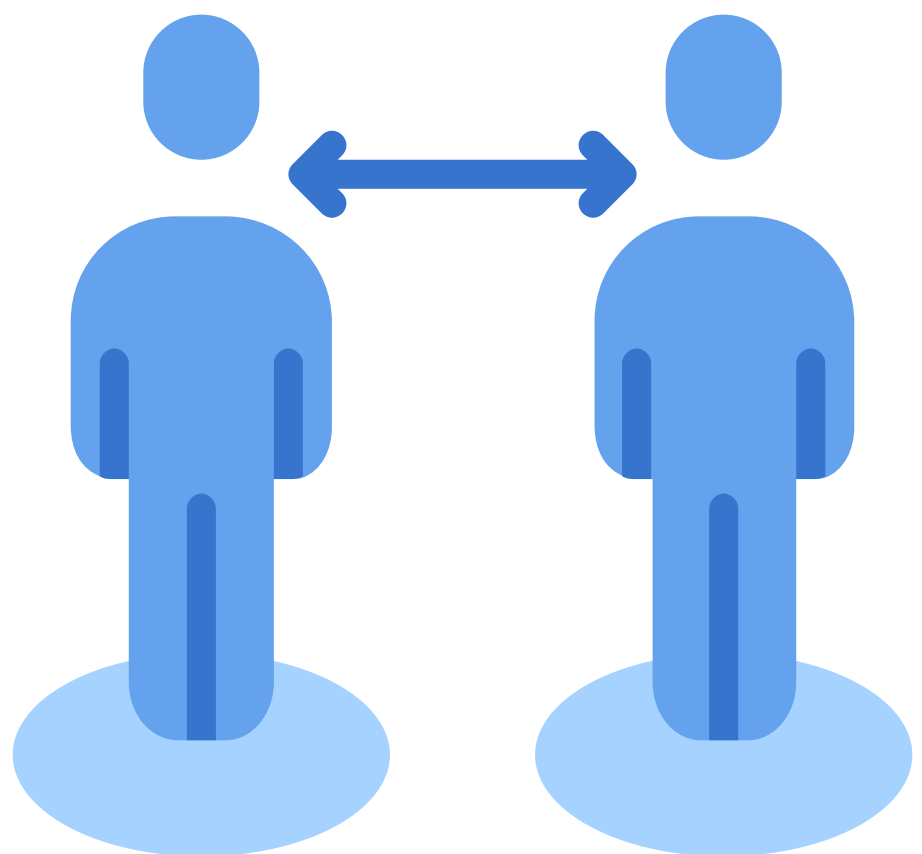
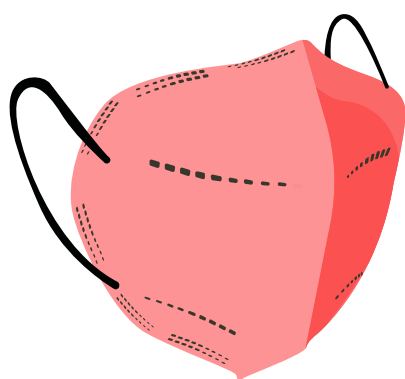
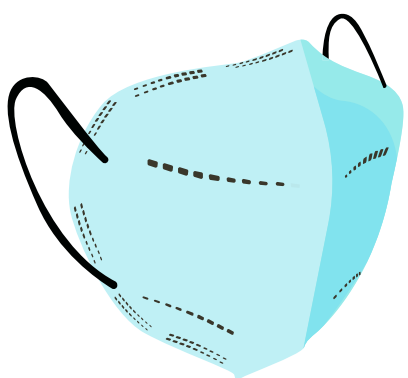
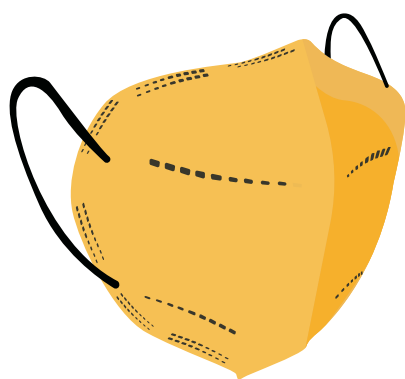
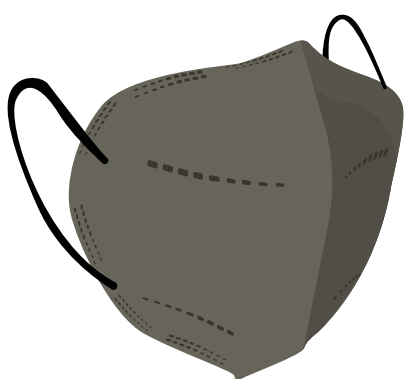
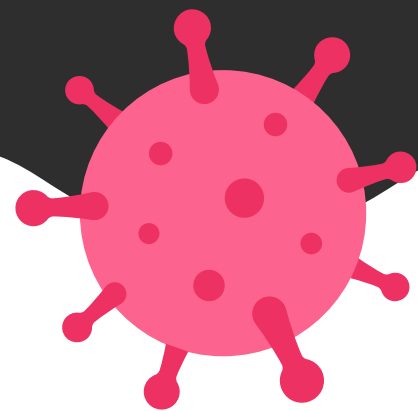
FACE MASKS RECOMMENDED WHEN YOU CANNOT MAINTAIN PHYSICAL DISTANCING



For more information on COVID-19, please visit australia.gov.au



FACE MASKS MUST BE WORN WHEN YOU CANNOT MAINTAIN PHYSICAL DISTANCING



For more information on COVID-19, please visit australia.gov.au



HOW ARE YOU FEELING TODAY?



Looking after your mental health is as important as your physical health

Go to headtohealth.gov.au for info, services, advice, online or over the phone.

There is support available:

- [HeadtoHealth.gov.au](https://headtohealth.gov.au)
- Lifeline on 13 11 14
- MensLine Australia on 1300 789 978
- Suicide Call Back Service on 1300 659 467
- Beyond Blue on 1300 22 46 36
- Headspace on 1800 650 890



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