Ten ways to reduce your risk of coronavirus

✔ **WASH** hands often with soap and running water, for at least 20 seconds. **DRY** with paper towel or hand dryer. Or use an alcohol-based hand sanitiser with over 60% alcohol.

✔ **TRY** not to touch your eyes, nose or mouth.

✔ **COVER** your nose and mouth with a tissue when you cough or sneeze, throw the tissue in a rubbish bin and wash your hands immediately. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow.

✔ **AVOID** close contact – handshakes, hugs and kisses.

✔ **AVOID** contact with anyone who has a fever or cough.

✔ **STAY** at home if you feel sick. If you take medication, ensure you have adequate supplies.

✔ **PHONE** your GP first if you have a fever, cough or difficulty breathing. They will tell you what to do, or call 1800 020 080 for advice.

✔ **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep.

✔ **DON'T** wear a face mask if you are well.

✔ **GET** the flu shot (available april).

Questions?

Call the Coronavirus Health Information Line on **1800 020 080**

Visit the Cairns Catholic Education website at
www.cns.catholic.edu.au/coronavirus
for official links and resources.

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