

APPENDIX 7:

WESTERN AUSTRALIAN GOVERNMENT PUBLIC HEALTH WARNING



Help stop the spread of COVID-19

PLEASE PRACTISE GOOD HYGIENE AND SOCIAL DISTANCING:



Wash your hands regularly
for at least 20 seconds, using
soap & water or alcohol-based gel



Avoid shaking hands
or making other unnecessary
physical contact with others



Cover your mouth/nose
when you cough/sneeze
using a tissue or flexed elbow



Stay home if you are sick
don't go to work or school
if you have symptoms



Avoid close contact
with others try to keep
at least 1.5 metres away

IF YOU'VE BEEN ASKED TO SELF-ISOLATE

Anyone who is instructed to self-isolate must take the request seriously, stay home and not put others at risk.

That means: **DON'T** leave your property **DON'T** go to work/school **DON'T** go on outings **DON'T** have visitors

The only time to leave the house is to seek medical attention.

CORONAVIRUS INFORMATION HOTLINE: 1800 020 080

FOR MORE INFORMATION & RESOURCES: www.wa.gov.au/covid19

SIMPLE STEPS TO HELP STOP THE SPREAD.

Cough or sneeze
into your arm



Use a tissue



Bin the tissue



Wash your hands



TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit health.gov.au



Authorised by the Australian Government, Canberra



Government of Western Australia
Department of Health



How to wash your hands

With soap and water

Steps 1–4 below should take 40–60 seconds.

1

Wet hands,
then apply soap



2

Lather for at least 20 seconds.
Pay attention to the backs of
hands and fingers, fingernails
and the webbing between fingers



3

Rinse hands under
running water



4

Dry hands with
a clean towel, or
fresh paper towel



With hand sanitiser

1

Apply enough
product to
cover
both hands



2

Rub all surfaces of both hands



3

Rub hands together until dry

healthywa.wa.gov.au/protectyourself