

COVID 19 RESOURCES ON DHHS WEBSITE

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
- **Try** not to touch your eyes, nose or mouth
- **Cover** your nose and mouth with a tissue when you cough or sneeze. If you do not have a tissue cough or sneeze into your upper sleeve or elbow
- **Isolate** yourself at home 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
- **Do not** wear a face mask if you are well
- **Buy** an alcohol-based hand sanitiser with over 60 per cent alcohol
- **Get** the flu shot (available in April)
- **Shaking hands** is optional!

Where can you get more information?

For Victorian updates to the current incident, go to:

<https://www.dhhs.vic.gov.au/novelcoronavirus>

For national updates:

<https://www.health.gov.au/news/latest-information-about-novel-coronavirus>

For international updates:

<https://www.who.int/westernpacific/emergencies/novel-coronavirus>

World Health Organisation resources:

<https://www.who.int/health-topics/coronavirus>

DHHS also has developed some posters to encourage people to wash their hands and to cover your cough and sneezing. Your U3A may consider these helpful.

Wash your hands poster:

<https://www2.health.vic.gov.au/about/publications/policiesandguidelines/wash-your-hands-regularly-poster>

Cough your cough and sneeze poster:

<https://www2.health.vic.gov.au/about/publications/policiesandguidelines/cover-your-cough-sneeze-poster>