



Stay calm - and stay well

Right now, there's plenty of inaccurate information around about coronavirus.

Make sure you're following the official advice - see below for NSW Health's three tips to stay healthy and keep up to date via the websites and phone line.

Stay well this flu season

1. Wash your hands

Clean your hands thoroughly for at least 20 seconds with soap and water, and use an alcohol-based hand sanitizer frequently

2. Cough and sneeze into your elbow

Cover your nose and mouth with a tissue or handkerchief, or into your flexed elbow when coughing or sneezing

3. Stay at home if you are sick

And avoid close contact with anyone with cold or flu symptoms

For more information on COVID-19 (coronavirus), visit:

www.health.gov.au/news/health-alerts

www.health.nsw.gov.au

or call the Healthdirect helpline **1800 022 222**
for free health information and advice 24/7 in Australia