

# STAY SAFE TIPS

## For COVID-19

### Wear a mask

It is recommended to:

- always take a face mask with you when you leave your home.
- wear a mask around others, both inside and outside.
- wear a mask when you are at the shop(s) or the health service.
- put on your mask before you open the door when a nurse or doctor, or service provider comes to your home.



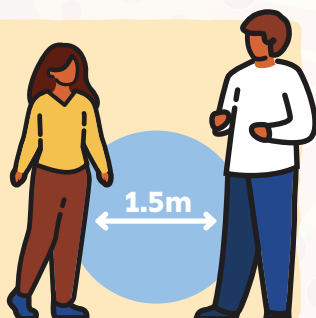
### Stay at home

- Open your windows for ventilation.
- Leave home only for essential shopping, work or study, exercise, medical care or if you have carer responsibilities for an Elder, family member or neighbour.



### Keep a distance from others

- Limit visiting others and having visitors to your home—meet family and friends at an outside location.
- Stay 1.5 metres away from others—don't shake hands or hug.



### Stay connected

- Keep in contact with your friends and family over the phone.
- Reach out to people online through Facebook, facetime, messenger and other social media.
- Talk to your health care worker or a service provider about how you are feeling.



### Keep your hands clean

- Use hand sanitiser or wash your hands with soap and water for at least 20 seconds.
- Clean things you touch after you use them.



### Take care of your health

- Make sure you eat well.
- Get some exercise.
- Take time for the things you enjoy at home like arts and craft, cooking and gardening.
- Get tested if you have any COVID symptoms, even if they are mild.
- Speak to your doctor about when you should get your COVID-19 vaccination.



### Reach out for help

Contact your doctor or your local Aboriginal and Torres Strait Islander medical service if you have any health and/or mental health questions.