

# NOVEL CORONAVIRUS (COVID-19)

# SOCIAL DISTANCING

Social distancing is reducing the number of close physical and social contacts we have with one another.

**SOCIAL DISTANCING + GOOD PERSONAL HYGIENE = SLOW THE SPREAD**

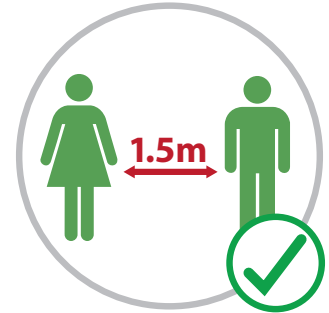
This helps protect the most vulnerable members of the community and reduces the impact of the pandemic on essential, life-saving health services.



Clean hands for at least 20 secs with soap & water, or alcohol based hand sanitizer



Cover your nose and mouth when coughing & sneezing with tissue or a flexed elbow



Attempt to keep 1.5 metres between yourself and other people where possible



Stay home if you are sick and don't expose others



Stop shaking hands, hugging or kissing as a greeting



Avoid touching your eyes, nose, and mouth with unwashed hands



Clean and disinfect frequently touched surfaces each day



Avoid crowds if possible. If not, keep the time short



Avoid visiting vulnerable people, such as the elderly, the sick and infants



Greater Western  
Aboriginal Health Service

For more information call one of our clinics on  
MT DRUITT 02 9836 7300 | PENRITH 02 4729 7300

GWABS – a Wellington Aboriginal Corporation Health Service entity



ICN:792