

Thank you for helping to stop the spread!

Protect yourself and others with good hand hygiene

One of the most effective ways to protect yourself and your family from COVID-19, and to stop the spread to others, is by cleaning your hands frequently and thoroughly. Clean your hands thoroughly for at least 20 seconds with soap and water or an alcohol-based hand sanitiser.

The COVID-19 virus can spread from person to person through:

- close contact with an infectious person (including in the 24 hours before they had symptoms).
- contact with droplets from an infected person's cough or sneeze.
- touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face.

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19#how-it-spreads>

We can all slow the spread of COVID-19 with these good hygiene practices:

- Stay home to the extent possible.
- If you go out, stay 1.5 metres away from other people at all times.
- Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand rub - including before and after eating, and after going to the toilet.

- Use an alcohol-based hand sanitiser if you do not have access to soap and water.
- Cover your nose and mouth when coughing and sneezing with a tissue or a flexed elbow.
- Put used tissues straight in the bin.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently used surfaces including benchtops, desks and doorknobs.
- Clean and disinfect frequently used objects such as mobile phones, keys and wallet.
- Increase the amount of fresh air available by opening windows or adjusting air conditioning.

How to take care of your mental health

- Stay connected — keep in touch by phone, social media or video calls.
- Keep moving — exercise to relieve stress.
- Stick to a routine — keep regular sleeping and eating patterns.
- Switch off — take a break from the news if it feels overwhelming.
- Reach out — activate your support network or reach out for professional help.

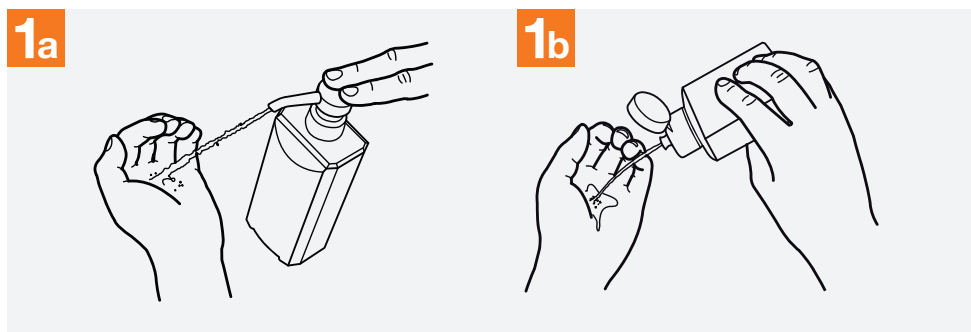
If you or a family member become unwell

1. Call Healthdirect 1800 022 222 (24-hour help line)
2. Call your GP
3. Visit the emergency department

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

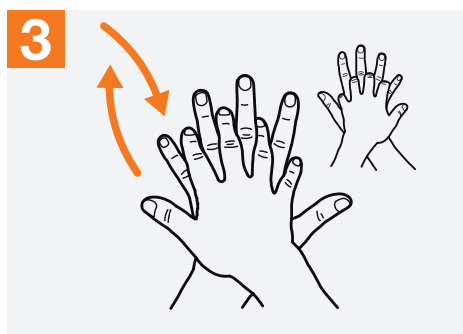
 **Duration of the entire procedure: 20-30 seconds**



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



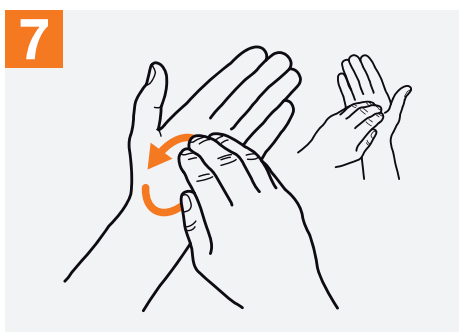
4 Palm to palm with fingers interlaced;



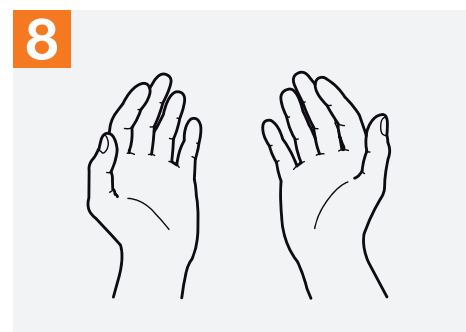
5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.



Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands