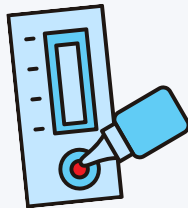


How can I help to slow the spread of COVID?

Here are simple steps we can all take to help slow the spread of COVID-19.

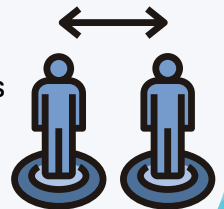
Sick? Stay home, test for COVID

- Don't go anywhere if you are sick.
- Test immediately and isolate until you receive a negative result.



Keep away from others

- Stay 1.5 metres away from other people.
- Avoid crowds.
- Hold social gatherings outdoors.



Wear a mask and check in



- Wear a mask indoors, on public transport and where you can't social distance from others.
- Check into venues using QR codes where required.

Get vaccinated

- Everyone 5 years and over can now receive a COVID-19 vaccine.
- Getting vaccinated protects you, your family, elders and community from getting really sick with COVID-19.



Wash your hands

- Clean your hands regularly with hand sanitiser or soap and running water for 20 seconds.



Find out more:

For more information and advice on how to stay COVID Safe visit:

www.health.nsw.gov.au

