

COVID-19 safe tips



Wear a mask

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



Keep a distance from others

- Do not visit family and friends or allow visitors to your home.
- Stay 1.5 metres away from other people - don't shake hands or hug.

Stay at home

- Only leave your home if you have a reasonable excuse.
- You can only leave for essential shopping, work or study, exercise, medical care or if you have carer responsibilities for an Elder, family member or neighbour.



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.

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.



Take care of your health

- Make sure you eat well.
- Get some exercise, including activities at the river, with your household or one person from a different household.
- 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 Maari Ma on 08 8091 5122 if you have any health and/or mental health questions or contact Healthdirect on 1800 022 222.
- You can call the Community Mental Health team on 08 8080 1556 for local support, or the Mental Health Line on 1800 011 511.

Get the facts

- Keep up to date on information from your doctor or health care worker.
- Together, let's share positive NSW Health information with others.