



# Share the love, not the virus.

Here are **5** ways to look after yourself  
and stay safe during COVID-19.

- 1** Stay home.
- 2** Keep 1.5 metres distance from other people unless it is your carer.
- 3** If you have a fever, dry cough, shortness of breath or sore throat, tell your carer and contact your GP immediately.
- 4** Wash your hands with soap and water or hand sanitiser frequently.
- 5** Avoid touching your face.

Get more tips at [keeptheworldopen.com.au](https://www.KeepTheWorldOpen.com.au)

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