

Keep yourself and your loved ones safe



Stay 1.5 metres or two big steps away from other people



Follow NSW rules for gatherings and activities (individuals and businesses). Follow advice to avoid COVID-19 hotspots



Don't attend big family gatherings. Catch up with a small group instead



Stay safe when out and about. Take hand sanitiser with you. Clean your hands often



No shaking hands, hugging or kissing other people who don't live with you



Stay in if you feel unwell. Get tested if you have any symptoms. Avoid contact with others until you are well

COVID-19 symptoms



Fever



Cough



Sore throat



Shortness of breath



Loss of smell



Loss of taste

Stay Safe



Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand sanitiser



Cover your nose and mouth when coughing and sneezing with a tissue or your elbow. Put the tissue in the bin and wash your hands