

# Protect yourself from viruses



**Clean** your hands with soap and water, or hand sanitiser.



**Cover** your nose and mouth when you cough or sneeze.



**Avoid** close contact with anyone with cold or flu-like symptoms.



**Stay home** if you are sick.



**Find the facts**

[health.nsw.gov.au/coronavirus](https://health.nsw.gov.au/coronavirus)