

Top 10 tips to protect yourself from Coronavirus COVID-19

Here are the top things you can do to keep yourself (and those around you) healthy

1.



Wash your hands often with soap and water for at least 20 seconds

2.



Avoiding touching your eyes, nose and mouth with unwashed hands

3.



Cover your cough or sneeze with a tissue, then throw the tissue in the bin

4.



Clean and disinfect your home, especially kitchen, bathroom, bedroom and table surfaces

5.



Get enough sleep, which means 7 to 9 hours of sleep per night.

6.



Stay home as much as you can

7.



Keep hydrated by drinking plenty of water throughout the day

8.



Keep your distance by avoiding public gatherings and staying a distance of 1.5 metres away from other people

9.



Eat well. Nutrition is essential for a strong, healthy immune system. **Order from Kinela**

10.



Stay informed by reading up on reliable expert information: **www.health.gov.au**

