

Stay safe.

10 Public Health tips to keep you and others safe.



Wash your hands with soap and water or use an alcohol-based hand sanitiser



Practise pragmatic physical distancing (at least 2m)



Cover your coughs and sneezes



Avoid touching your face (eyes, mouth, nose) with unwashed hands



Stay home when unwell



Wear a face mask if unwell, in public, crowded, or enclosed spaces



Clean and disinfect frequently touched surfaces



Limit time spent in crowded and enclosed spaces



Protect vulnerable people in our community



Avoid spreading misinformation



HEALTH LINE 20 065 or 20 066
FREE DIAL 0800 1801 or 0800 1802

**FEELING UNWELL?
Call the TMO Health Line**

