

# Coronavirus (COVID-19)

## How to avoid infection or spreading the virus



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



Avoid touching your eyes, nose or mouth



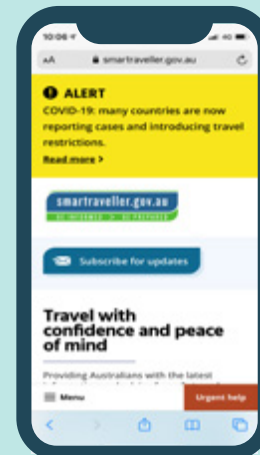
Cover your mouth or nose when coughing or sneezing



Use only disposable tissues, and dispose of them immediately after use



Avoid close contact with anyone showing respiratory symptoms



Monitor travel advice on Smartraveller [smartraveller.gov.au](https://smartraveller.gov.au)



Stay at home when you are sick