

Everyday health and hygiene

To keep yourself, your family and our community safe and healthy, follow these steps.



Clean your hands regularly –
carry hand sanitiser in your
bag and your car



Cough or sneeze into
your elbow

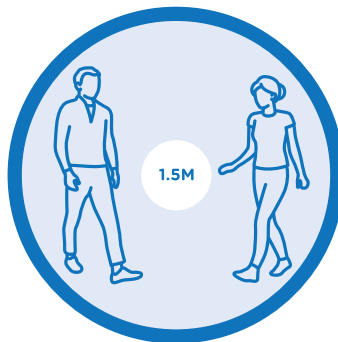


Stay home if you are unwell –
fever, temperature, cough,
runny nose



At the moment it is not safe
to use bubble taps or drink
from fountains

Carry a drink bottle when
you are away from home



Maintain physical distance
of at least 1.5 metres



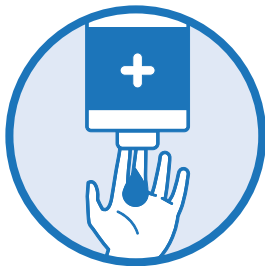
Download the COVIDSafe
App from the App store
or Google Play

How to wash your hands

To keep yourself, your family and our community safe and healthy, follow these steps.



Wet your hands



Apply soap



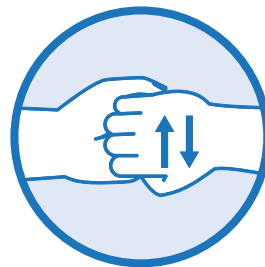
Rub hands palm to palm



Lather the back of your hands



Scrub between your fingers



Rub the backs of fingers on the opposing palms



Clean thumbs



Wash fingernails and fingertips



Rinse hands



Dry with a single use towel



Use the towel to turn off the tap



Your hands are clean

Application of hand sanitiser

Carry hand sanitiser in your bag and car to clean your hands when you can't use water or soap.



Apply the product on the palm of the hand



Rub hands together



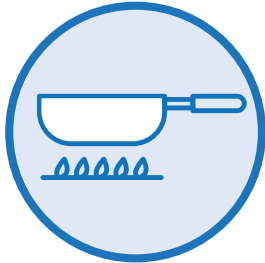
Cover all surfaces until hands feel dry



When to wash your hands

To keep yourself, your family and our community safe and healthy, follow these steps.

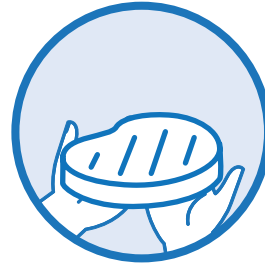
Always wash your hands **BEFORE**:



Cooking



Eating



Handling food



Visiting someone who is unwell



Visiting the doctor, hospital or medical centre

Always wash your hands **AFTER**:



Cleaning



Using the toilet



Coming home from somewhere different AND when coming home from childcare, kindergarten or school



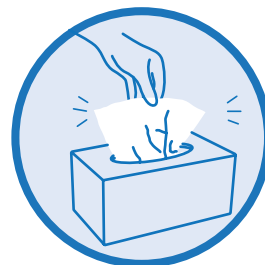
Eating



Visiting someone who is unwell



Visiting the doctor, hospital or medical centre



Blowing your nose (throw the tissue in the bin after one use)

