

CORONAVIRUS (COVID-19)

PREVENTION



Royal Flying Doctor Service

We can all help to slow the spread of COVID-19 by practising good hygiene, self-isolation, and social distancing.

REGULARLY WASH HANDS

FOR AT LEAST 20 SECONDS WITH SOAP & WATER



AVOID TOUCHING OTHERS

NO HUGS, KISSES, SHAKING HANDS



AVOID TOUCHING MOUTH, EYES AND NOSE

WITH UNWASHED HANDS



SOCIAL DISTANCING

(AT LEAST 1.5 METRES) & AVOID GROUPS



COVER MOUTH

BY COUGHING /SNEEZING INTO YOUR ELBOW



All infectious diseases can be controlled. Coronavirus is no exception. Follow advised hygiene and social distancing protocols and help stop this virus.

> FOR MORE INFORMATION GO TO
www.flyingdoctor.org.au or www.health.gov.au

