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