Stay COVID Smart
to **prevent the spread of germs**

The virus that causes COVID-19 is thought to spread mainly from person to person in close contact with one another and through droplets produced when an infected person coughs or sneezes.
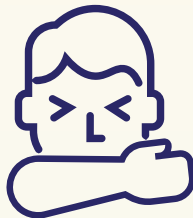
Good hygiene practises will reduce your risk of getting sick and spreading disease.

Always make sure you do the following:

Wash hands regularly
With soap and water or alcohol-based hand sanitiser for 20 to 30 seconds
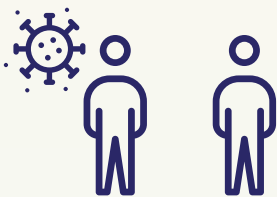
Cover your cough and sneeze
with a tissue or your inner elbow and wash your hands afterwards

Discard used tissues into a bin

Avoid close contact with people who are sick

Avoid touching your eyes, nose, and mouth

Stay at home and avoid social activities
or mass gatherings if you're feeling unwell

ACT Government

Stay COVID Smart.
Go to covid19.act.gov.au