

How to stop the spread of Covid-19

Stay home & stay safe.

If you are vulnerable to COVID-19 or feeling unwell. Limit all your non-essential travels.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water (for 30 secs) or using alcohol or hand sanitizer.



Cover your cough and sneeze

put used tissue in the rubbish bin.

If you don't have a tissue, cough or sneeze into your elbow, **NOT YOUR HANDS**



Practice social distancing.

If you need to go out, maintain at least 1.5 meter distance from others.



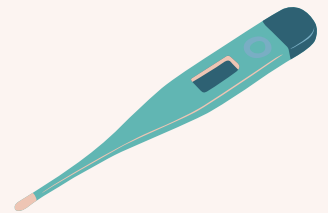
Stay in contact

Keep socially connected with friends and family via phone or video chat.



Recognise the symptoms

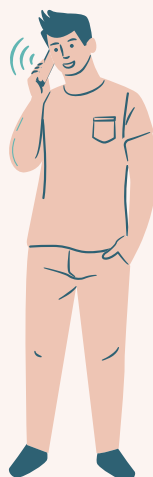
- Fever
- Chills or sweats
- Cough
- Sore throat
- Shortness of breath
- Runny nose
- Loss of sense of smell



In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered.

Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



Get tested for COVID-19

If you have symptoms, however mild, testing is available at the Respiratory Assessment Clinic at Kyneton Health, as well as GP surgeries throughout the Macedon Ranges.

To arrange testing at Kyneton Health, please call ahead on **5422 9900** to speak to a nurse who will be able to give you the best advice for your situation.



