



**IMPORTANT:
Before You Continue...**

Under Clause 5 of the Public Health
(COVID-19 Residential Aged Care
Facilities) Order 2020

Effective 1st May 2020

**You CANNOT ENTER this Facility if
you do not have PROOF of an
up-to-date vaccination against
influenza, especially if a vaccination
is available to you.**

ALL VISITORS will be checked before
entering the building.

Please see Admin Staff if you have any questions.

English

Keeping everyone safe: Social distancing

helps stop the spread of COVID-19 between people



Stay 1.5 metres
or 2 big steps
away from other
people.



Stay at home.
You can go out
to shop, see a
doctor or care
for someone.



Don't visit family
or friends. Talk
to them on the
phone or online
instead.



Outdoor exercise
is OK but stay
1.5 metres away
from others.



No shaking
hands, hugging
or kissing other
people.



If you are sick,
stay at home.

Stay Safe



Wash your hands
with soap for at
least 20 seconds
or use a hand
sanitiser.



Cough or
sneeze into
your elbow or
a tissue. Throw
the tissue away
immediately.



Do not touch
your mouth,
nose or eyes.

For more information

Call the National Coronavirus Health Information Line on 1800 020 080.

For a free telephone interpreter ring 131 450, say the language you need. Ask the interpreter to connect you to the Coronavirus Health Information line.



April 2020



www.health.nsw.gov.au

Cough etiquette

Practise simple hygiene by washing hands regularly

1 Wet hands



2 Apply soap



3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spend **20 seconds** washing your hands.

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Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your elbow.

Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing; use tissues to contain respiratory secretions; dispose of tissues in the nearest waste receptacle after use; and wash their hands afterwards.

