

CORONA (COVID-19) HYGIENE PRACTICES

HAND WASHING

Practicing safe hand washing regularly can help protect against infection.



Wet your hands with clean running water.



Apply soap and lather.



Rub your hands vigorously for at least 20 seconds.



Rinse well.



Dry your hands with a clean paper towel or air dry them.

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SNEEZING AND COUGHING ETIQUETTE

When coughing or sneezing, practicing the following etiquette can help stop the spread of infection.



Cover your mouth and nose when you sneeze or cough with a disposable tissue.



If you don't have a tissue, cough or sneeze into your elbow or upper sleeve, not your hands.



Make sure to wash your hands with clean running water and soap. Dry your hands with a clean paper towel or air dry.



Carestaff
Nursing Services

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What is Coronavirus (COVID-19)?

COVID-19 is a respiratory illness caused by a new virus. Symptoms include fever, coughing, sore throat and shortness of breath. The virus can spread from person to person, but good hygiene can prevent infection. (Source: health.gov.au)

How can I protect myself?

1. Good hygiene: washing hands regularly, practicing sneezing and coughing etiquette
2. Avoid touch your face
3. Social distancing

Signs and Symptoms:

People with Coronavirus may experience

1. Fever
2. Flu-like symptoms such as sore-throat and fatigue
3. Shortness of breath

If you are sick and think you have symptoms of COVID-19, seek medical attention. If you want to talk to someone about your symptoms first, call the Coronavirus Health Information Line for advice 1800 020 080 (Source: health.gov.au).