

## COVID-19 HEALTH

The Covid-19 pandemic has caused significant health and social concerns throughout the world. Our only way to stop the spread of this virus is to protect yourself and keep others safe from infection. This is especially important as there is currently no vaccine to prevent coronavirus disease (COVID-19).

**You can protect yourself and help prevent spreading the virus to others if you:**

### DO

- Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub
- Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze
- Avoid close contact (1 meter or 3 feet) with people who are unwell
- Stay home and self-isolate from others in the household if you feel unwell

### DON'T

- Touch your eyes, nose, or mouth if your hands are not clean



Check out this video and information from the World Health Organisation for more details:

<https://www.youtube.com/watch?v=1APwq1df6Mw>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>



<https://www.livehappy.com/podcast/finding-calm-chaotic-times-erin-pickney>



<https://www.emhprac.org.au/wp-content/uploads/2020/03/Full-COVID-19-Factsheet-.pdf>



<https://www.hsph.harvard.edu/nutritionsource/2020/03/25/food-safety-nutrition-and-wellness-during-covid-19/>

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>