

# Coronavirus (COVID-19)

**healthdirect**

## How to avoid infection and spreading the virus



Wash your hands often for at least 20 seconds



Avoid touching your eyes, nose or mouth



Cover your mouth and nose when coughing or sneezing



Practise physical distancing by staying 1.5m from others



Wear a mask when in crowded situations



Clean and disinfect frequently touched objects and surfaces



Stay home if you are feeling unwell

Visit [healthdirect.gov.au/coronavirus](https://healthdirect.gov.au/coronavirus) for more information and to find out about vaccinations and restrictions in your state or territory.