# NOVEL CORONAVIRUS (COVID-19)
# SOCIAL DISTANCING

Social distancing is reducing the number of close physical and social contacts we have with one another.

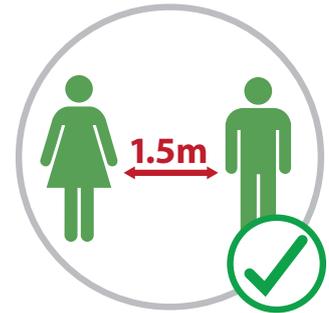**SOCIAL DISTANCING + GOOD PERSONAL HYGIENE = SLOW THE SPREAD**

This helps protect the most vulnerable members of the community and reduces the impact of the pandemic on essential, life-saving health services.

**Clean hands for at least 20 secs with soap & water, or alcohol based hand sanitizer**

**Cover your nose and mouth when coughing & sneezing with tissue or a flexed elbow**

**Attempt to keep 1.5 metres between yourself and other people where possible**

1.5m

**Stay home if you are sick and don't expose others**

**Stop shaking hands, hugging or kissing as a greeting**

**Avoid touching your eyes, nose, and mouth with unwashed hands**

**Clean and disinfect frequently touched surfaces each day**

**Avoid crowds if possible. If not, keep the time short**

**Avoid visiting vulnerable people, such as the elderly, the sick and infants**

WELLINGTON ABORIGINAL CORPORATION HEALTH SERVICE

**For more information call our WELLINGTON CLINIC on 02 6845 5400**