

# HELP STOP THE SPREAD OF COVID-19



**COUGH OR SNEEZE  
INTO YOUR ARM**



**USE A TISSUE**



**BIN THE TISSUE**



**WASH YOUR HANDS OFTEN  
WITH SOAP AND WATER**

## DEVELOPED A FEVER OR COUGH?



**FEVER**



**COUGH**



**SORE THROAT**



**SHORTNESS  
OF BREATH**

**[KNOW THE SIGNS]**

**If you develop symptoms call the  
National Coronavirus Helpline 1800 020 080**



**Angie BELL MP**  
FEDERAL MEMBER FOR MONCRIEFF

**f AngieBell.MP**  
P: 5504 6000  
[angiebell.com.au](http://angiebell.com.au)