



HOW TO PROTECT YOURSELF AND THE COMMUNITY

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Mental health and wellbeing

This is a difficult and uncertain time for everyone and support is vital and available. For more information about managing stress and support options, call the Coronavirus Mental Wellbeing Support Services on 1800 512 348 or visit <https://www.coronavirus.vic.gov.au/mentalhealth>

Financial support is also available. You can find more information on the Victorian government website <https://www.coronavirus.vic.gov.au/financial-and-other-support-coronavirus-covid-19>

The 'Partners in Wellbeing' hotline has extended their operating hours to 10pm on weekdays and provides additional support for business owners through access to business advisors and financial counsellors. Hotline number: 1300 375 330.

Stay informed

We encourage you to look after yourself, your family and the community.

Please follow the community health advice and keep informed of the latest update by visiting dhhs.vic.gov.au/coronavirus or calling the Coronavirus Helpline on 1800 675 398 (free call, 24/7).

I am feeling unwell. What should I do?

Stay home and get tested if you have COVID-19 symptoms no matter how mild: including fever, chills, cough, sore throat, shortness of breath, runny nose, loss of sense of smell or taste. Go to the Victorian Government website for step by step advice.

A Call-to-Test service will provide in-home coronavirus testing to people who would otherwise be unable to get tested. This includes older people, people with a disability, carers and those with an illness that might prevent them from leaving home. For eligible callers located in Melbourne, testers will visit within 48 hours.

Follow health advice to stop the spread

All renters, clients and staff should follow the government directions as follows:

- Stay safe and limit interactions with others
- Keep a full arm-span (about 1.5 metres) between yourself and other people where possible
- Wash hands often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer
- Try not to touch your eyes, nose or mouth
- Cover your nose and mouth with a tissue when you cough or sneeze. Dispose of the tissue
- If you don't have a tissue cough or sneeze into your upper sleeve or elbow
- Continue healthy habits: exercise, drink water, get plenty of sleep, don't smoke

How you can help

Stay home and get tested if you have symptoms of COVID-19 no matter how mild: including fever, chills, cough, sore throat, shortness of breath, runny nose, loss of sense of smell or taste.

Get tested if you have been in contact with someone who has tested positive to COVID-19.

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If you are waiting for the results of your PCR COVID-19 test, please self-isolate until you receive a negative test result.

Please let us know as soon as possible if you or anyone in your household tested positive. so we can ensure you have the assistance you need and we take appropriate measures.

Visit <https://www.coronavirus.vic.gov.au/checklist> for further advice on what to do if you or a close contact tests positive to COVID-19.



Protect yourself and the community from the spread of the coronavirus disease



WASH

your hands often with soap and water for at least 20 seconds.



COVER

your cough or sneeze with your elbow or a tissue, then throw the tissue in the bin.



AVOID

touching your eyes, nose and mouth.



CLEAN

and disinfect frequently touched objects and surfaces.



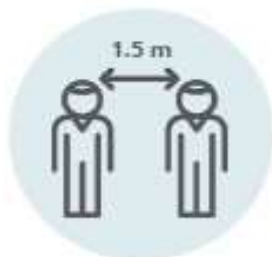
AVOID

close contact with people who are sick.



STAY HOME

when you are sick, or if you just returned from overseas.



KEEP A DISTANCE

of 1.5 metres between you and other people.



GREET

people with a wave or a nod instead of a handshake.



PHONE

your doctor or the hotline (1800 675 398) if you need medical attention. They will tell you what to do.

**For more information, please call the
24/7 Coronavirus Helpline on 1800 675 398.**