



St Vincent's Hospital Emergency Appeal

CORONAVIRUS FACT SHEET

✎ **WASH** your 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. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.

✎ **STAY** at home if you feel sick. If you take medication make sure you have enough.

✎ **PHONE** your doctor or the hotline – **1800 675 398** – if you need medical attention. They will tell you what to do.

✎ **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep.

✎ **WEARING** a face mask is not necessary if you are well.

✎ **BUY** an alcohol-based hand sanitiser with over 60% alcohol.



Find out more

www.svhm.org.au/newsroom/announcements/coronavirus-covid-19

Please donate and support our appeal

Call **03 9231 3365** or online stvfoundation.org.au/donate

If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only