

# Coronavirus: Slowing the spread



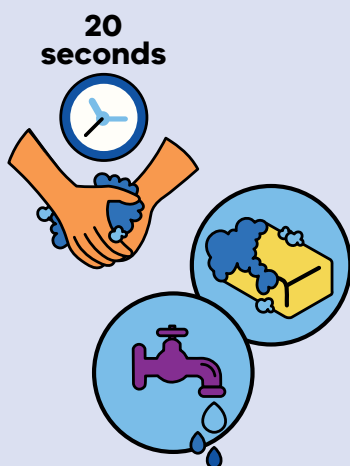
Coronavirus (COVID-19) is a virus that can spread easily from one person to another person.



You can slow down the way the virus is spread.



**You must stay at home. It will save lives.**

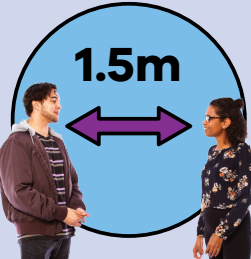


Wash your hands. You should wash your hands for at least 20 seconds with:

- soap
- running water.



Cover your mouth and nose with a tissue when you need to cough or sneeze. Throw away the tissue.



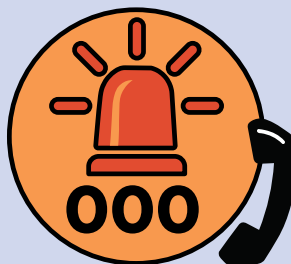
When you go outside, stay 1.5 metres away from other people.



If you need a doctor, you should call first.



Or you can call the hotline on **1800 675 398**.  
It's open 24 hours a day.



Please keep 000 for emergencies only.



There is more information at  
**[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)**