

7 SIMPLE STEPS TO FIGHT CORONAVIRUS

Make your safety a priority



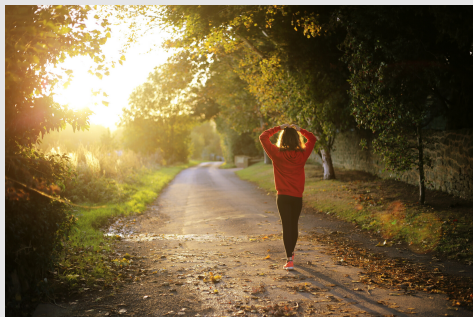
1 WASH YOUR HANDS

- Use soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer
- Buy an alcohol-based hand sanitiser with over 60 per cent alcohol
- Especially after touching things or people
- Before meals and try not to touch your face



2 HAVE A HEALTHY LIFESTYLE

- Eat healthily (whole foods, mainly plants)
- Maintain hydration
- Drink less alcohol
- Get plenty of sleep



3 EXERCISE

- Exercise is the best medicine.
- Keep up your activity levels
- Aim to be active on most, preferably all, days every week.



4 STAY CALM

- Most people who contract Coronavirus will have a mild illness
- Ensure you have an adequate supply of medications
- Practice mindfulness, to avoid touching your face



5 MINIMIZE EXPOSURE TO THE VIRUS

- Take precautions when within 2m of people who are unwell
- Avoid being in crowds unnecessarily if you are older or have other illnesses



6 QUIT SMOKING

- If you are going to give up smoking, this is a very good moment to do it.
- Smoking makes it more likely that you will suffer more severe illness with the coronavirus



7 DON'T MAKE OTHERS SICK

- If you are sick, stay at home
- Call your GP for advice
- If you take medication ensure you have adequate supplies.
- Think of other people.
- Australia will have supplies. We will be ok.