

## COVID-19 (Coronavirus)

If you develop a fever, a cough, sore throat or shortness of breath seek medical attention.

- [Call your GP](#)
- [Visit the Emergency Department](#)
- [Call Healthdirect 1800 022 222](#)

## Protect yourself

The best way to protect yourself from COVID-19 is the same way you would protect yourself from catching flu or other respiratory illness:

- [clean your hands](#) for at least 20 seconds with soap and water, or use an alcohol-based sanitiser with at least 60% alcohol.
- cover your sneeze or cough with your elbow or with tissue.
- avoid close contact with people who are ill
- avoid touching your eyes, nose and mouth
- stay home if you are sick.

## Coronavirus Health Information Line

Call this line if you are seeking information on coronavirus (COVID-19). The line operates 24 hours a day, seven days a week.

[1800 020 080](tel:1800020080)

Please visit - [www.health.nsw.gov.au/Infectious](http://www.health.nsw.gov.au/Infectious)