****



**Avoid close contact**

with anyone with cold or flu-like symptoms

.

**Stay home**

if you are sick



**Clean your hands**

thoroughly with soap and water for at least

20 seconds, or an alcohol-based hand run or sanitiser



**Cover your nose and mouth**

when you cough or sneeze.

Please contact your **doctor** for further assistance, and for more information visit **www.health.gov.au**