

## Keep mob safe by staying at home

The Coronavirus is easily spread so it is safer for you and your mob not to visit with friends or family right now, even if it's just to say hi.

- No big family and friends' parties or gatherings.
- No unnecessary visits to family and friends. Check in with your loved ones using the phone or social media.
- Don't go to the shops for things that you don't need straight away.



## Keep safe by going out only when you need to

When you do go out keep two big steps away from others and wash your hands frequently.

- You can still go for a walk outside to get exercise with those who live with you.
- You should see if you can get things such as food and medicines delivered to your home.
- You can reach out to essential services like the doctor, Centrelink or social supports over the phone or internet.



## You can still go outside to access the things you really need

Remember to keep two big steps away from people and go straight home after.

- Go to the doctor when you have an appointment.
- Picking up medicine.
- Going to the shops to buy groceries.
- Going to work or school (if you can't do this from home).

