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Information
FOR PATIENTS, CONSUMERS AND CARERS

Checklist: Actions to Reduce the Spread of COVID-19

This checklist has been developed in response to the COVID-19 pandemic caused by infections with the SARS-CoV-2 coronavirus, mainly spread by contact with respiratory droplets or aerosols containing the virus. **If you follow the actions listed below this will help reduce the spread of COVID-19 and other infections.**

✓ **Get vaccinated**

Vaccination reduces the risk of developing COVID-19 and the spread of COVID-19.

✓ **Wash hands regularly**

It is important to wash hands regularly to reduce the spread of COVID-19 and other infections, even if you are vaccinated.

✓ **Cover your mouth when you cough or sneeze and practice physical distancing**

Cover your mouth when you cough or sneeze and keep a physical distance from other people, to reduce the risk of inhaling droplets or aerosols that contain virus.

1.5 metre
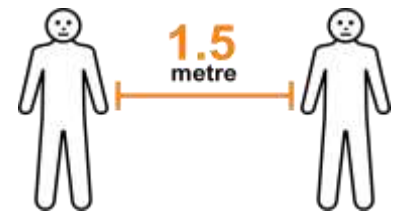
✓ **Stay home if you are unwell and follow regulations**

People who are unwell should stay home, avoid contact with other people and follow local health regulations.

✓ **Be aware of COVID-19 symptoms**

If you have COVID-19 symptoms or have had contact with a person who has COVID-19, get tested and follow local health regulations.

Fever

Cough

Sore throat

Shortness of breath

✓ **Seek medical help**

If you have a positive COVID-19 test result, seek medical help and follow local health regulations.