



LIVING WELL IN THE COVID-19 PANDEMIC

A tool to help people to make COVIDSafe decisions about work, transport, and social activities in the COVID-19 pandemic.

16 October 2020

To stay COVIDSafe everyone must always do the 3:

- Wash your hands often with soap and water, or use hand sanitiser.
- Keep your distance – stay at least 1.5 metres away from other people.
- Consider downloading the COVIDSafe app.

Also:

- Stay home if you are unwell with cold or flu-like symptoms and arrange to get tested.
- Cover your coughs and sneezes (with your inside elbow).
- Clean frequently touched surfaces often.
- Get the flu shot.
- Stay up to date with local case numbers and public health advice in your area.
- Use this tool and talk to your doctor to help you decide what actions to take.
- Think about how you may change your activities including social, work, volunteer, and where possible your transport and living arrangements, if COVID-19 cases increase.