

# Life with COVID-19

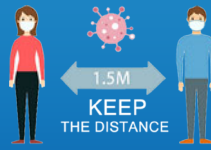


COVID-safe  
Protocols

Testing and  
Isolating

COVID-19  
Vaccination

Well-being



**Distancing**  
Maintain physical  
distancing 1.5m



**Hands**  
Practice good hand  
hygiene



**Respiratory  
Hygiene**  
Cough or sneeze into  
your elbow or use  
a tissue



**Vaccination**  
Get vaccinated against  
COVID-19 and always  
keep a copy of proof with  
you



**Tested**  
Get tested  
immediately if you  
have COVID-19  
symptoms



**Family**  
Talk with family on how  
to support  
each other and check  
in regularly on  
each other, especially  
the elderly



**Well-being  
balance**  
Eat a balanced meal,  
have 8 hours of sleep,  
exercise regularly



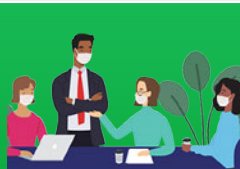
**Home**  
Stay at home if you  
become sick



**Mask**  
Wear a mask



**Face**  
Do not touch  
your face. Clean  
your hands  
thoroughly before  
touching your face



**Work**  
If you work, talk to your  
employer and develop  
a COVID Safe work plan



**Cleaning**  
Regularly clean and  
disinfectant  
commonly used  
items and surfaces  
like mobiles, door  
knobs etc



**COVID-19 rules  
and  
regulations**  
Stay up to date



**Service NSW  
App**

Download the Mobile  
App  
COVID Safe Check In  
Proof of Vaccination



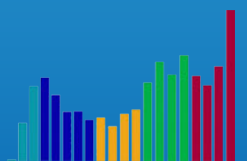
**Support**  
Talk to your doctor about  
your fears, anxieties, and  
frustrations.  
See Pacific Links or range  
of services  
in Resources.



**Danger**  
If life in danger,  
call 000



**Other  
Vaccinations**  
Keep up to date,  
especially  
for influenza



**Local Positive  
Cases**

Stay up to date with  
local cases