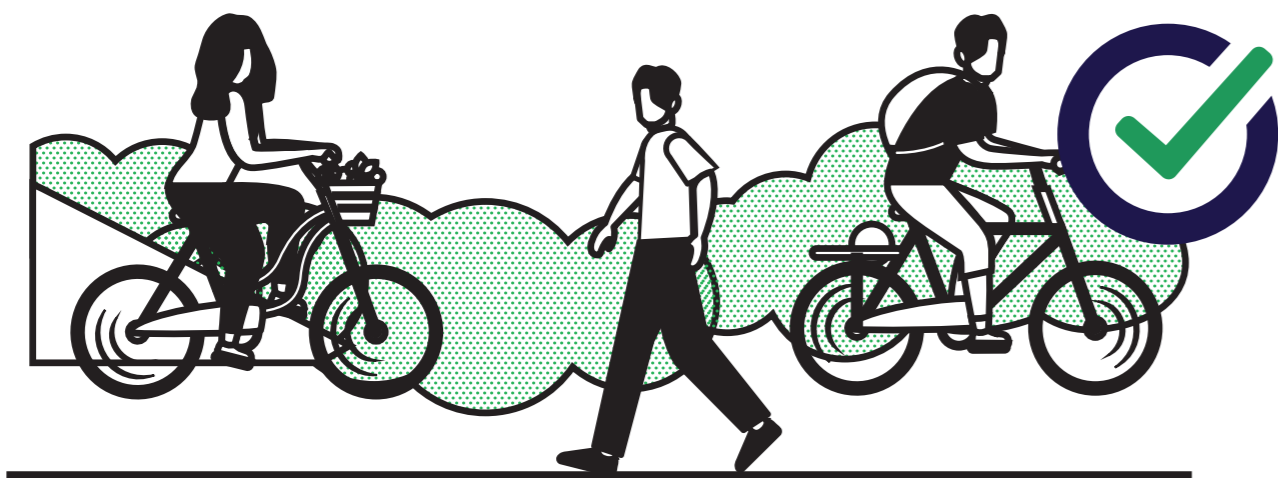
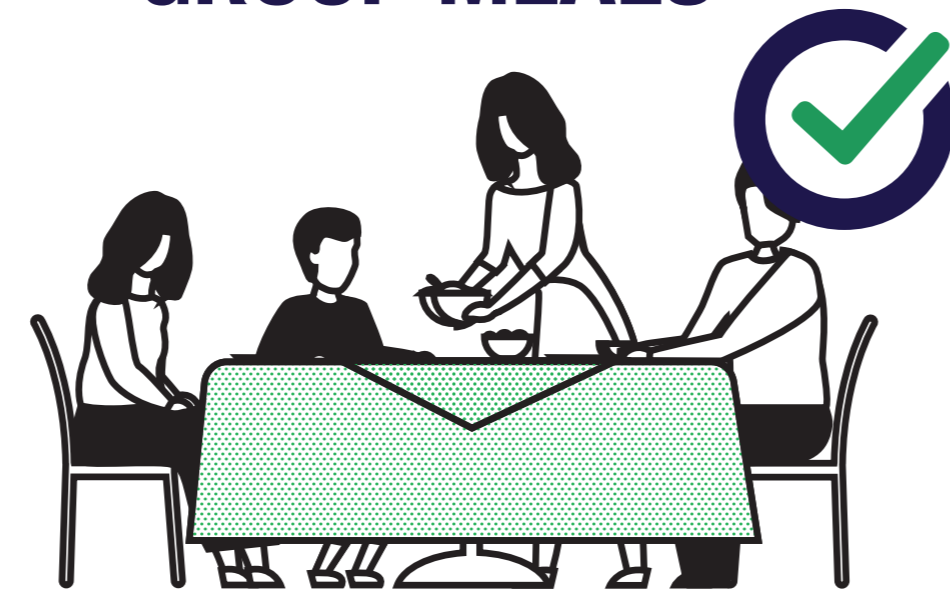


# SAFE ACTIVITIES OUTSIDE OF WORK / ACTIVITIES TO AVOID

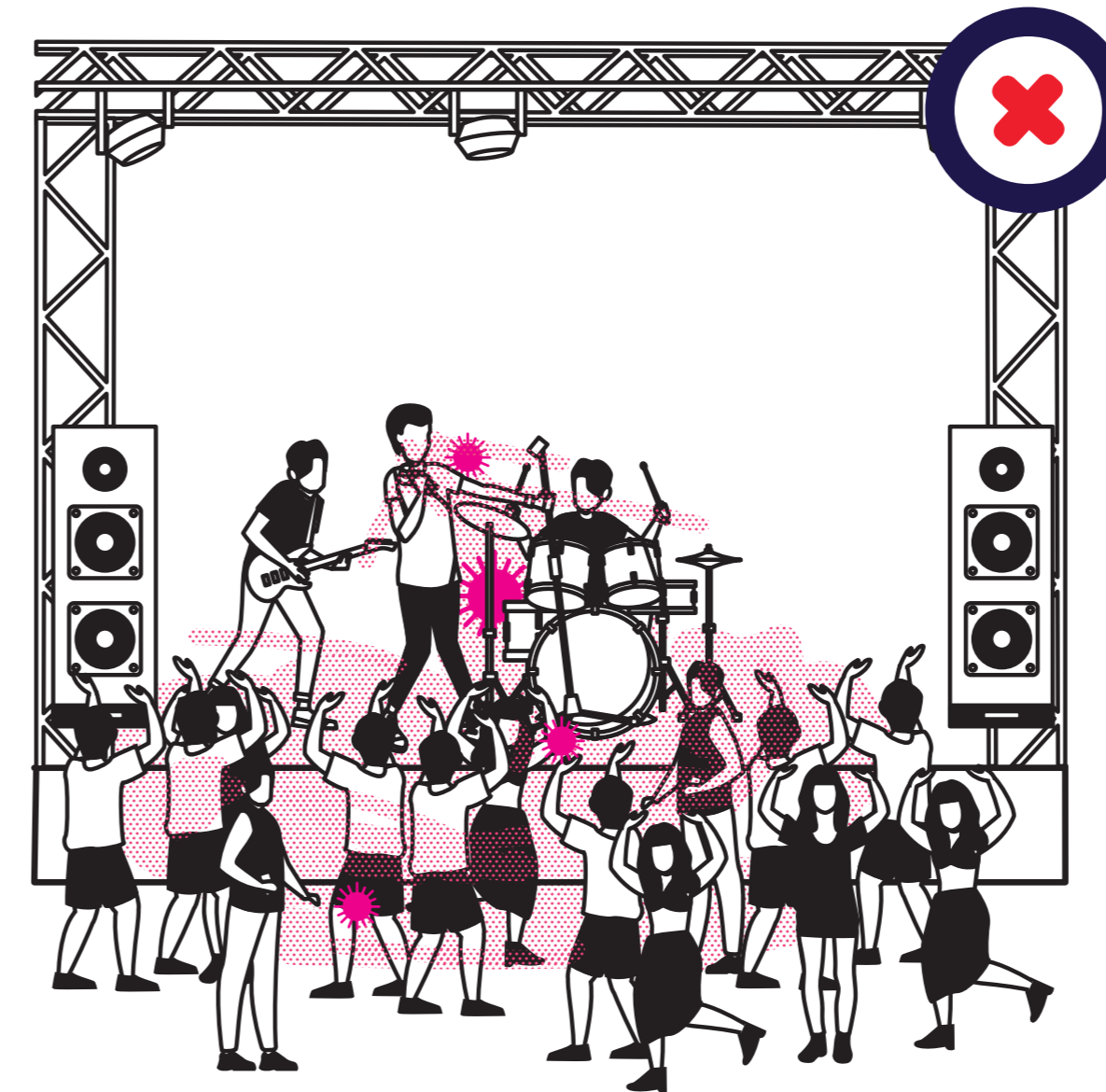
## OUTDOOR SPORTS / WALKS



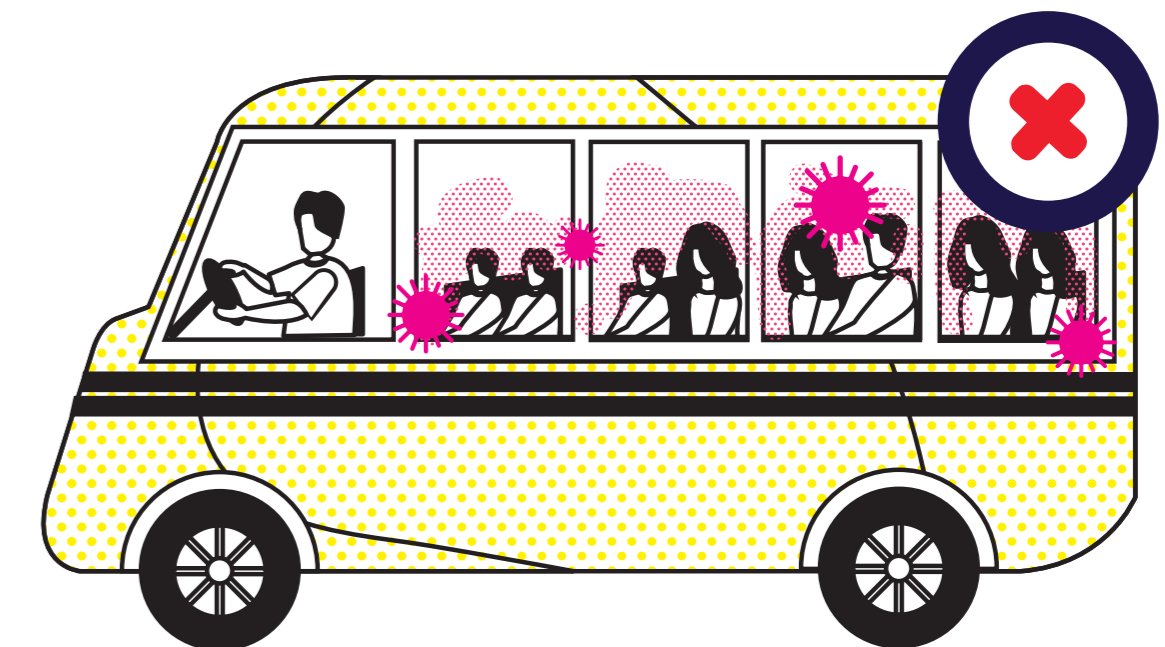
## FAMILY & SMALL GROUP MEALS



## PLACES WHERE YOU HAVE TO SHOUT TO BE HEARD



## PUBLIC TRANSPORT WITHOUT SPACING



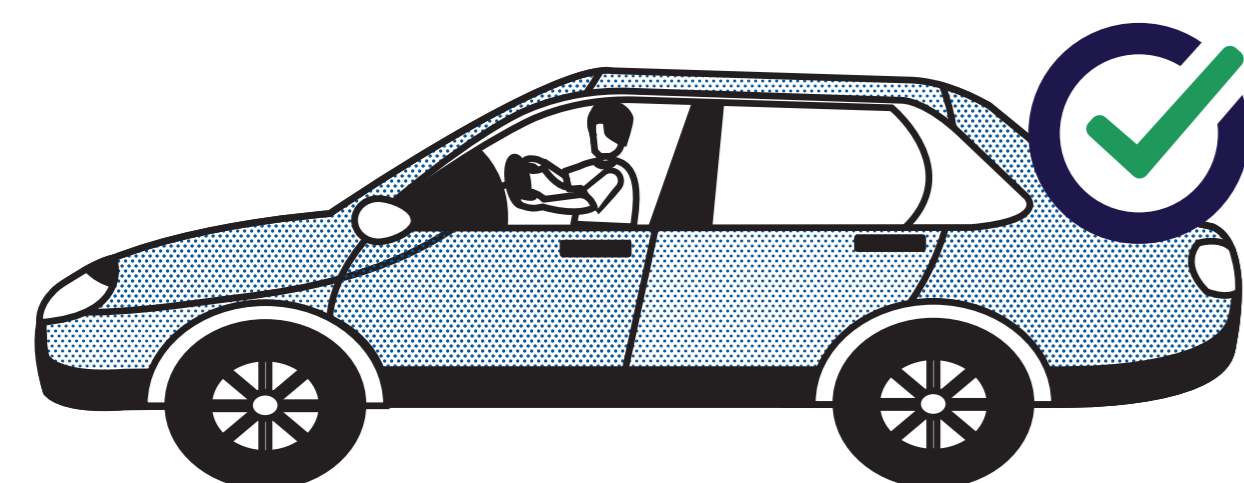
## UNCROWDED SPACES



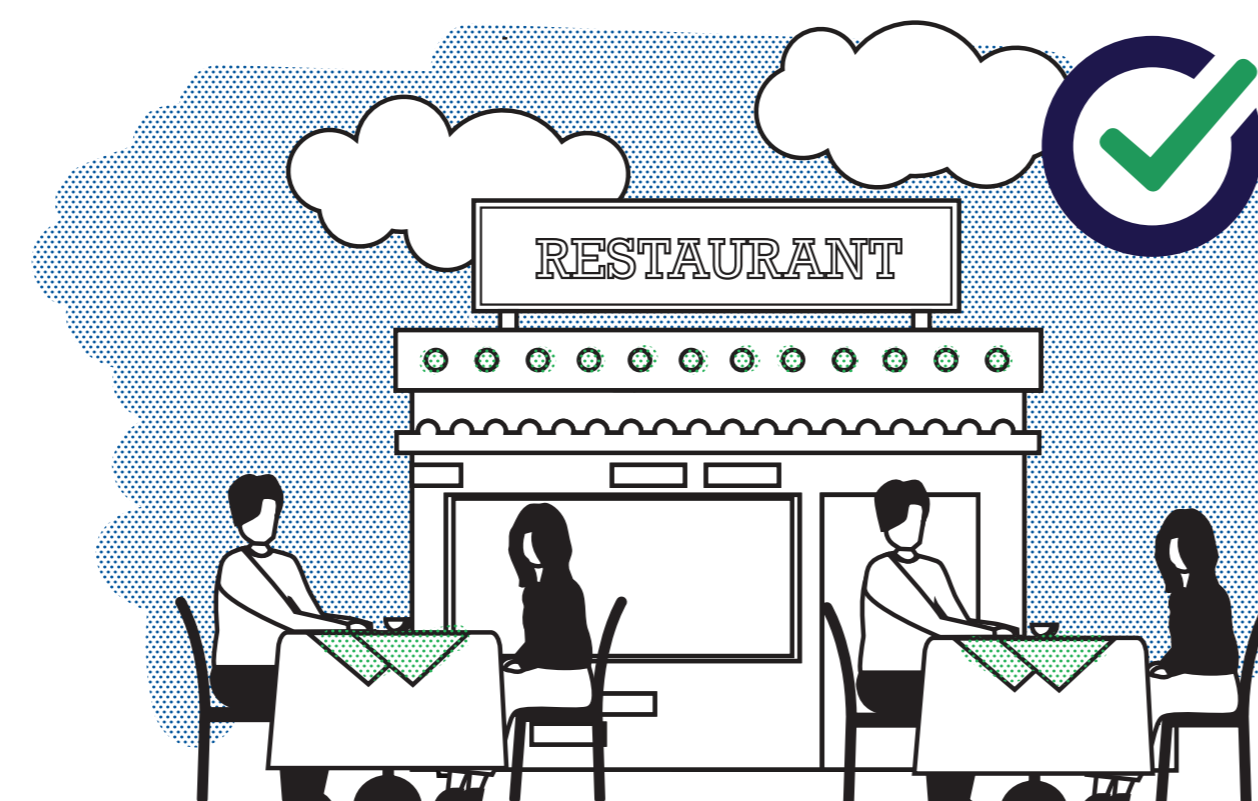
## AVOID RESTAURANTS THAT DON'T HAVE ADEQUATE SPACING BETWEEN TABLES



## TAKE YOUR OWN TRANSPORT IF YOU CAN



## EAT OUTSIDE IF YOU CAN



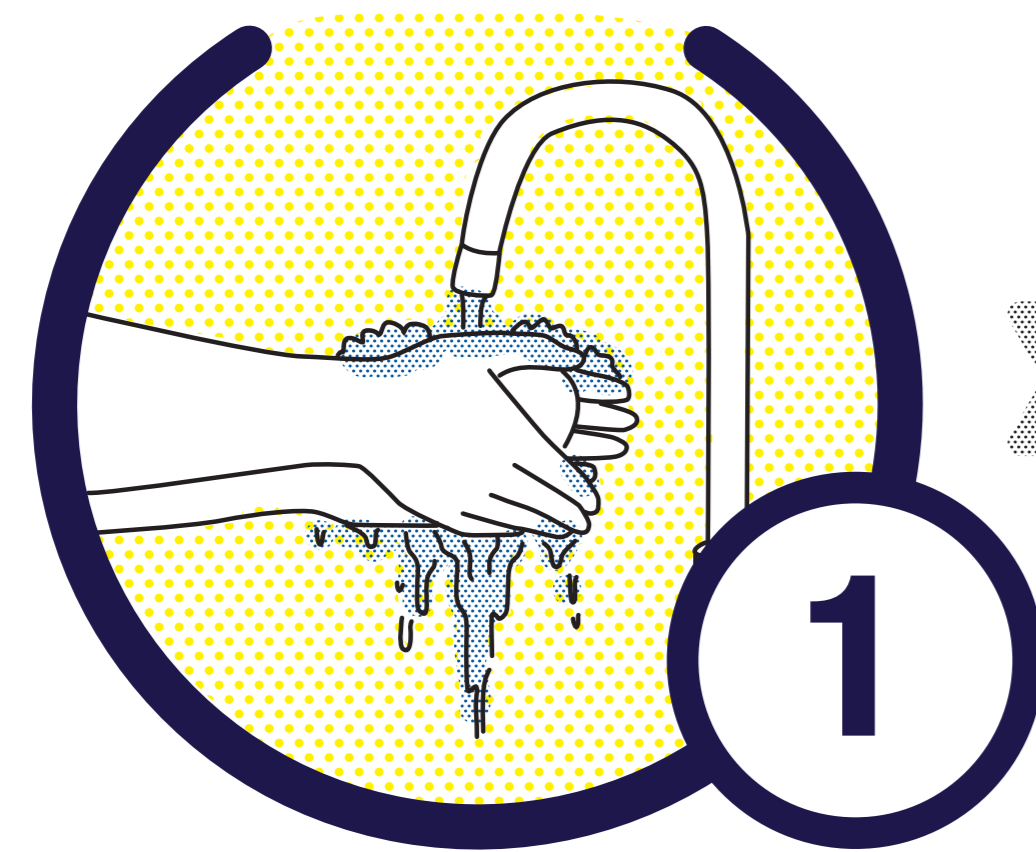
## AVOID CROWDED SHOPPING CENTRES



# IF YOU HAVE TO WEAR A MASK/BALACLAVA ONSITE

## PUTTING IT ON

WASH YOUR HANDS  
BEFORE PLACING  
MASK ON



PUT ON MASK /  
BALACLAVA AND ADJUST  
TO LEAVE NO GAPS



AVOID TOUCHING  
MASK / BALACLAVA  
WHILE WEARING



KEEP MASK /  
BALACLAVA ON  
WHILE AT WORK



## REMOVING OR DISPOSING

CLEAN YOUR HANDS



REMOVE MASK



RESPECT OTHERS PLACE IN BAG  
OR INTO LAUNDRY BASKET



WASH HANDS



# **WHAT'S MORE EFFECTIVE TO CLEAN YOUR HANDS?**

**(A) WASHING YOUR HANDS WITH SOAP & WATER**

**OR**

**(B) USING ALCOHOL SANITISER?**

**WHAT'S MORE EFFECTIVE TO CLEAN YOUR HANDS?**

**(A) WASHING YOUR HANDS  
WITH SOAP & WATER**

**HOW MANY DAYS ON  
AVERAGE DO YOU INCUBATE  
COVID-19 UNTIL YOU  
BECOME INFECTIOUS?**

**HOW MANY DAYS ON AVERAGE DO YOU INCUBATE  
COVID-19 UNTIL YOU BECOME INFECTIOUS?**

**3-4 DAYS**

# WHAT'S THE EASIEST WAY TO CATCH COVID-19?

**(A) SHAKING HANDS**

**(B) TOUCHING DOOR HANDLES**

**(C) TALKING**

**WHAT'S THE EASIEST WAY TO CATCH COVID-19?**

**(C) TALKING**



# HOW FAR CAN COVID TRAVEL IF YOU SNEEZE?

# HOW FAR CAN COVID TRAVEL IF YOU SNEEZE?

4 - 8M

**WHAT PERCENTAGE OF  
INFECTED PEOPLE RECOVER  
WITHOUT NEEDING HOSPITAL  
TREATMENT?**

# WHAT PERCENTAGE OF INFECTED PEOPLE RECOVER WITHOUT NEEDING HOSPITAL TREATMENT?

80%

**SOCIAL DISTANCING MEANS KEEPING A DISTANCE  
BETWEEN YOU AND OTHERS.**

**BUT HOW LITTLE IS OK IN  
AUSTRALIA?**

**SOCIAL DISTANCING MEANS KEEPING A DISTANCE  
BETWEEN YOU AND OTHERS. BUT HOW LITTLE IS  
OK IN AUSTRALIA?**

**1.5 METRES**

# WHAT ARE THREE OF THE COMMON SYMPTOMS OF COVID-19?

**WHAT ARE THREE OF THE COMMON SYMPTOMS  
OF COVID-19?**

**FEVER • LOSS OF TASTE OR SMELL  
DRY COUGH • CHILLS • HEADACHE  
SORE/SCRATCHY THROAT  
FATIGUE • DIFFICULTY BREATHING  
MUSCLE PAIN • DIARRHOEA**



**GOVERNMENTS AROUND THE WORLD HAVE BEEN  
MONITORING THE 'R NUMBER' TO DETERMINE  
WHEN TO EASE LOCKDOWN RESTRICTIONS.**

**WHAT IS THE R NUMBER?**

**WHAT IS THE R NUMBER?**

**THE AVERAGE NUMBER  
OF PEOPLE TO WHOM ONE  
INFECTED PERSON WILL PASS  
ON THE VIRUS**