

**It's not easy  
We get it  
But here is why  
It is so Important**



## **FOLLOW THE RESTRICTIONS**

It's not easy staying away from Family and Friends but **RIGHT NOW** that is how we can **PROTECT THEM**

With **ANYONE** you meet, keeping 1.5m away even if it's friends or family, keeps everyone safe

## **GET TESTED**

Get tested if you have any symptoms even mild ones as this keeps **YOU** and the **COMMUNITY** safe.

It means health authorities **UNDERSTAND** what the virus is doing and identifies how best to **STOP** the spread.

Here is where you can get tested:

<https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19>

## **STAY AT HOME**

- If you are unwell
- If you are waiting for a test result
- If you have been identified as a close contact by Dept of Health
- If you have tested positive

## **YOU MUST SELF ISOLATE**

Seek Medical Advice from a trusted Health Professional at any stage