



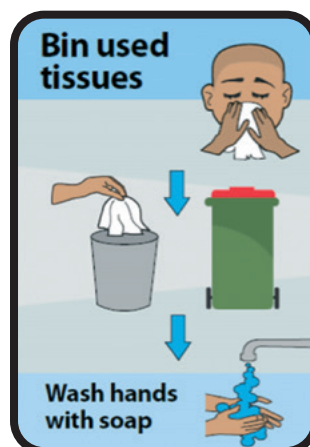
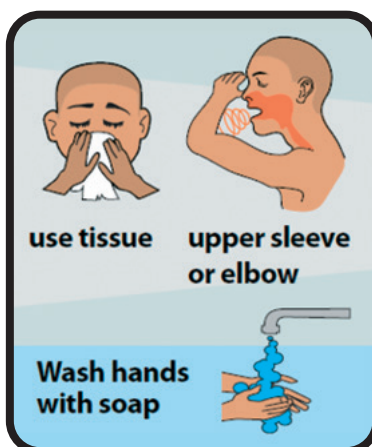
Government of **Western Australia**  
Department of **Health**



How to protect yourself, your family and community

# Personal hygiene

We all need to continue to play our part to help stop the spread of COVID-19.



## It's important to keep practicing good personal hygiene

- Cough or sneeze into a tissue or bent elbow, not into your hands
- Throw the used tissue in the bin
- Wash your hands often with soap and water for at least 20-30 seconds, or use hand sanitizer
- Clean and wipe surfaces regularly touched and shared by all family members (e.g. kitchen table, TV remote, door handles)
- If you are unwell with COVID-19 symptoms go to your nearest COVID clinic or GP respiratory clinic.

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