

Help Stop the Spread of COVID-19

To protect yourself and your community
you must continue to:

- **Keep a safe physical distance from others**
- **Wash your hands thoroughly and often**
- **Watch out for any symptoms of COVID-19**

These things are more important than ever
as rules are relaxed.

**Come forward and get
tested even if you only have
mild symptoms!**

**Contact your AMS, GP or hospital to find
the nearest testing clinic.**

For the latest information on COVID-19 visit nsw.gov.au
or call the National Coronavirus Helpline on 1800 020 080

#keepourmobsafe

