

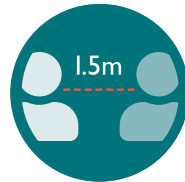
Stay home. Save lives. Help stop the spread of COVID-19.

Practice strict social distancing and stay home to protect your family and the community. This is our best defence against coronavirus.

How to do social distancing



**Avoid handshakes
or hugs.**



Keep your distance.
(1.5m or about two steps)



**Stay healthy,
stay connected.**



Reach out for support
(See back page for helpful numbers)



**Only go out
for essentials**



Wash your hands.
(Frequently and for at least 30 seconds)

Where to get help

**Department of Health
Social Work Services:** South: (03) 6166 8354
North: (03) 6777 4155
North West: (03) 6478 6119

Lifeline: 13 11 14
(24 hours, 7 days)
www.lifeline.org.au

Beyond Blue: 1300 224 636
(24 hours, 7days)
www.beyondblue.org.au

MensLine Australia: 1300 789 978
(24 hours, 7 days)
www.mensline.org.au

Kids Helpline: 1800 551 800
(24 hours, 7 days)
www.kidshelpline.com.au

Headspace: 1800 650 890
www.headspace.org.au

**Rural Alive and
Well (RAW):** 1300 4357 6283
(24 hours, 7 days)
www.rawtas.com.au

For all available information on coronavirus in Tasmania visit: www.coronavirus.tas.gov.au
Feeling unwell or need support? Contact the Tasmanian Public Health Hotline: **1800 671 738**