

PROTECT YOURSELF FROM CORONAVIRUS

CONTINUE TO...

WASH HANDS with soap and running water



OR

USE HAND
SANITISER if you
can't use a sink



IF YOU WANT HELP
TO SLOW YOUR
DRINKING OF
ALCOHOL

CALL 1800 131 350

REMEMBER

DRINKING ALCOHOL will not prevent you from getting the virus



BINGE DRINKING ALCOHOL makes it harder for your body to fight off viruses and bacteria

SMOKING makes it easier for you to become sick

QUITLINE: 13 78 48

ASSOCIATION OF ALCOHOL AND
OTHER DRUG AGENCIES NT