

# KEEP OUR APARTMENT COMMUNITY SAFE

## COVID-19 GUIDELINES



### Avoid infection and slow the spread of COVID-19

1



Do not have visitors to your home or the common property unless they are providing you with care and support when you are unwell, disabled, elderly or pregnant.

5



Stay at home and restrict your activities. There are only four reasons to leave your home: food & supplies, medical care, exercise or work & education.

6



Keep in mind the 1.5m social distancing rule when using lifts in your building.

2



Good hygiene includes covering your coughs and sneezes with your elbow and cleaning your home and workplace.

4



Safely handle, clean, sanitise and dispose of household waste. If necessary double bag your rubbish.

7



Limit your contact and social interactions with other people.

3



Surgical masks should only be worn by people who are unwell. If you are well, you do not need to wear a mask.

8



Wash and dry hands regularly. Use soap and water and wash for at least 20 seconds.