Health Matters in McKinlay Shire

Friday Feb 7, 2020

Hi Everyone!

The **Novel Coronavirus** is in the news a lot at the moment, and the situation seems to be developing quickly in terms of numbers infected and numbers of deaths.

If you're interested in finding out more about it, go to

www.health.gov.au/health-topics/novel-coronavirus-2019-ncov

Some simple measures you can take to keep yourself protected against (any) infection include:

> - **Washing your hands often with soap and water**. If need be, use a moisturising cream or lotion afterwards to keep skin from drying out and cracking.
> - **Using a tissue and covering your mouth when you cough or sneeze.** Dispose of the tissue thoughtfully afterwards, and remember to wash your hands when you're done.

The coronavirus is most likely spread from person to person via close contact with an infected person, contact with droplets when an infected person coughs or sneezes, or by touching objects or surfaces that have droplets from an infected person on them, and then touching your mouth or face.

**Remember: hand hygiene and cough etiquette help keep you safe!**

Yours in good health,

Nicole Morris

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