COVID-19 (Coronavirus)
Who to call

Questions and support

- Call **1800 020 080** (24/7) for health questions or to check symptoms.
- Call **13 77 88** (24/7) for non-health related questions.
- Call **1800 512 348** (24/7) for mental wellbeing support
- Visit **www.healthdirect.gov.au** to check symptoms.
- Visit **www.nsw.gov.au/covid-19** for all other COVID-19 related information

Triple Zero

Save Triple Zero (000) for emergencies such as difficulty breathing or shortness of breath at rest.

Interpreter service

For free help in your language call **13 14 50**.

If you have symptoms

Fever

Cough

Sore throat

Shortness of breath

- **Self-isolate first**. Call your GP or visit a public COVID-19 clinic: **www.nsw.gov.au/covid-19**
- Travel in your own car or a private car driven by a family member or an existing close contact. **Do not travel by public transport, taxi or ride-share service**.
- **Wear a surgical mask**. If unavailable, ask for one immediately when you arrive.

Protect yourself and others.

Practise **good hygiene**

1.5 metres
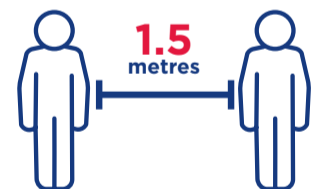
Practise **physical distancing**

Stay home if you can

NSW GOVERNMENT