



Maintain Good Hygiene

Wash your hands with soap and water...

Before and after eating

After using shared equipment eg keyboards, lab equipment

After going to the toilet

After coughing or sneezing

Before food preparation

Cough and sneeze into a tissue or bent elbow. Dispose of used tissues immediately.

Avoid touching your face (eyes, nose, mouth)

Maintain a Healthy Lifestyle

Eat a healthy, balanced diet.

Maintain regular exercise.

Get sufficient sleep

Social Distancing

Respect each other's personal space – maintain 1 ½ metre distance where possible.

Avoid unnecessary physical contact – handshakes, hugs, high fives etc

Do not share drink bottles, food, stationery

Avoid unnecessary social gatherings

Bring your own equipment to limit using shared equipment eg laptop, safety glasses

Stay away from school:

If you have been diagnosed with Coronavirus

If you have been advised to self-isolate following exposure to the virus.

For two weeks after you have travelled overseas.

If you have any other contagious illness.

If you have cold or flu-like symptoms.