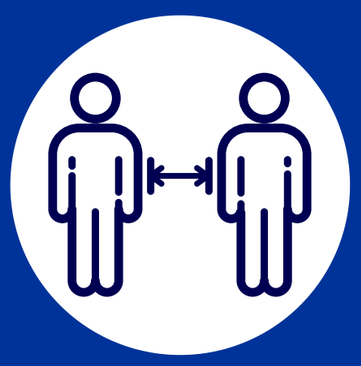
REDUCE THE RISK OF COVID-19 IN THE COMMUNITY

Ultimate VICTORIA

Wash your hands before and after playing with an alcohol-based hand sanitiser with over 60 per cent alcohol.

Cover your cough or sneeze with a tissue or use your upper sleeve or elbow.



Keep your distance – stay 1.5 metres away from others when you are not on the field

Wear a mask immediately before and immediately after playing

Do not share any clothing, towels or drink bottles with other players

Have the COVIDSafe app installed on your phone, and leave it running while you are playing

If you have any of these symptoms, please do not play.
Go and get tested as soon as possible.

- Fever
- Chills
- Cough
- Sore throat
- Shortness of breath
- Runny nose
- Loss or change in sense of smell or taste

For more information, call the DHHS Coronavirus hotline – 1800 675 398
or go to www.dhhs.vic.gov.au/coronavirus