



Government of **Western Australia**
Department of **Health**



How to protect yourself, your family and community

Stay strong when you are sick

We all need to continue to play our part to help stop the spread of COVID-19.



Stay Home and Rest

Staying home and resting helps you fight the virus



Water

Drink plenty of water



Food

Good tucker helps you stay strong



Medicines

Take your usual medicines



Medical help

Stay in touch with your local medical service

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