NSW Health

Who to call

NSW GOVERNMENT

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.
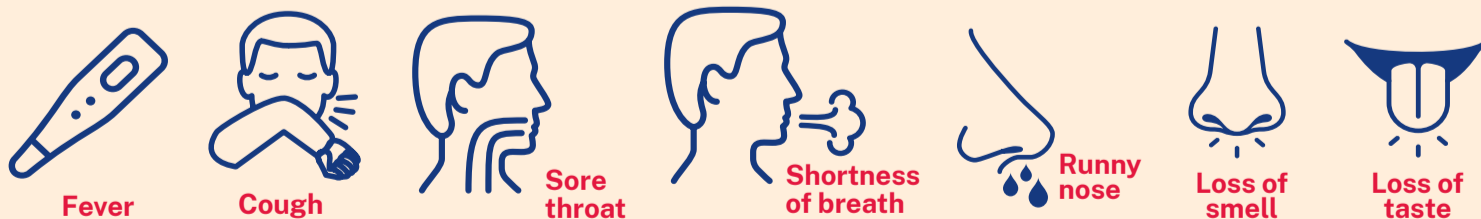
Triple Zero

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**.
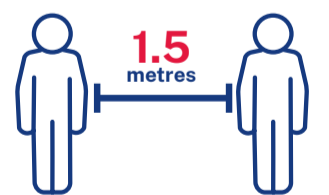
If you have symptoms

Fever   Cough   Sore throat   Shortness of breath   Runny nose   Loss of smell   Loss of taste

- **Get tested immediately and self-isolate until you receive a negative result.**
- For more information visit **www.nsw.gov.au/covid-19**

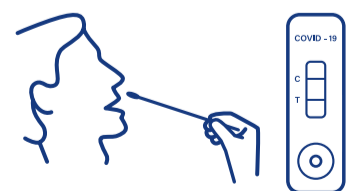## Protect yourself and others.

Practise **good hygiene**

1.5 metres
Practise **physical distancing**

COVID -19
Get **tested**