

# Over 70? Do the 7

Taking a cautious approach and understanding the risks can help protect yourself and those around you.

①

Wash and sanitise hands and disinfect surfaces regularly



②

Avoid unnecessary travel



③

Keep gathering virtually where you can



④

Consider having your essentials delivered



⑤

If you do go out stay 1.5m away from others at all times



⑥

If you're sick stay home and get tested



⑦

Ensure you don't come into contact with anyone who is unwell



Taking extra steps will make a difference [nsw.gov.au](https://nsw.gov.au)

**> HELP US STAY COVID SAFE**