

# Stay ahead of COVID-19

As we live with COVID-19, we can continue to protect ourselves, our [loved ones](#) and at-risk Victorians. Follow these six steps to help prevent severe illness and reduce the spread of the virus in our community.



## Get vaccinated

Being up to date with vaccination is your best protection against severe illness. Bivalent vaccine is available for everyone aged 18 and above. [Book](#) your next dose with your GP or pharmacist now.



## Wear a mask

[Face masks](#) protect you as they stop the virus from spreading in the air when you talk, cough, sneeze or laugh. You should wear a high quality and well-fitted face mask (N95 or P2) in crowded areas, if you have COVID-19 symptoms or if you are with someone at a higher risk of serious illness.



## Let fresh air in

You are less likely to catch COVID in places that are [well ventilated](#) (have fresh air and not stale air). You can improve ventilation by opening windows and doors, using fans and air purifiers, and meeting outside.



## Stay home if unwell

Stay home if you have any symptoms, even if you test negative. If you test positive, you should look after your health and stay at home for at least 5 days and until you no longer have symptoms. Follow the [Checklist for cases](#) for more information.



## Get tested

[Rapid antigen tests](#) should be everyone's first choice as soon as they notice symptoms. It is the quickest and easiest way for most people to test for COVID. You should report your positive test result by calling the Coronavirus Hotline at **1800 675 398** or filling this [online form](#).



## Get medicines if at risk

Some people can get medicine when they have COVID-19 to stop them from getting so sick that they need to go to the hospital. You can check whether you would be [eligible for treatment online](#). If you are at a higher risk of serious illness, you should plan ahead and talk to your GP to check if you are [eligible for treatment](#). COVID medicines work best within 5 days of having symptoms, even if they are mild