

# COVID-19 Safety Measures



▶ Helping stop the spread.

▶ 7 to 7 Dentist have in place already high safety measures including limiting your time in the waiting room and having less chairs. No handshaking. Using social distancing rules. Limiting non urgent treatments as per the latest.

▶ Looking after your mental health through this potential stressful time. If you or a loved one need someone to talk to please call these numbers: Lifeline have a dedicated Coronavirus support page available [HERE](#). As well as their 24/7 helpline on: 13 11 14 and [online chat](#). Beyond Blue have a dedicated Coronavirus support page available [HERE](#).

▶ Here are some helpful hints:

1. Managing your exposure to media and social media and ensuring your information comes from trusted sources, including the [Department of Health](#).

2. Being physically active, eating nutritious foods and maintaining your routines the best you can.

3. Being socially active with friends and family by phone or video.

4. Remaining "calm yet cautious" and seeking support if you need it as above

5. Being kind to each other, and ourselves.