

MEDIA RELEASE

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Stay COVID safe this summer

Given the rising number of COVID-19 cases, all Queenslanders need to consider any movement through the community as a possible risk for COVID-19 infection.

Dr Jon Harper from Central Queensland, Wide Bay, Sunshine Coast PHN urged the Sunshine Coast community to stay COVID safe.

"We all need to take simple precautions to protect ourselves, our family and our community.

"Being vaccinated is the best way to reduce the risk of severe illness and slow the spread of COVID, and many of us will be due for a booster in the coming weeks.

"Everyone over 12 is now required to wear masks while in indoor spaces and remember to keep up COVIDsafe behaviours like social distancing, socialising in well ventilated, outdoor places, and maintaining hand hygiene.

It's also really important to keep an eye out for symptoms and get tested if you develop any COVID-like symptoms", he said.

Now is the time to get COVID-Ready and you can find out further information and tips on the <u>Queensland</u> Government COVID-Ready website.

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