Prioritise your physical and mental health

We’ve all had to make changes to be COVIDSafe, but we still need to take care of our physical and mental health. This means being physically active, eating healthy food and doing what we can to get a good night’s sleep. So whether you’re getting back into the things you enjoyed previously or have started some new healthy habits, make your physical and mental health a priority.

Together, let’s BE COVIDSAFE. Visit health.gov.au for more information.