

Novel Coronavirus (COVID-19)

Protect yourself and others!



HELP US TO HELP YOU

Follow these Do's and Don'ts

Do's



- Observe good personal hygiene
- Practice frequent hand washing with soap
- Follow basic respiratory etiquette - cover your mouth while sneezing and coughing
- Wash your hands with soap and running water (when hands are visibly dirty)
- Clean your hands with alcohol-based hand rub or soap and water (when your hands are not visibly dirty)
- Throw used tissues into closed bins immediately after use
- See a doctor if you feel unwell

Don'ts



- Have a close contact with anyone, if you're experiencing cough and fever
- Spit in public
- Consumption of raw/ under cooked meat
- Travel to farms, live animal markets or where animals are slaughtered