

SAFE DISTANCING FOR SENIORS

Stay home

Avoid social gatherings
and crowded places

Travel during
off-peak period
if taking public
transport

All
senior-centric
activities are
suspended
for now

Keep
1 metre apart
from others

Don't share
utensils.
Use serving spoons
and don't double dip



If you are sick



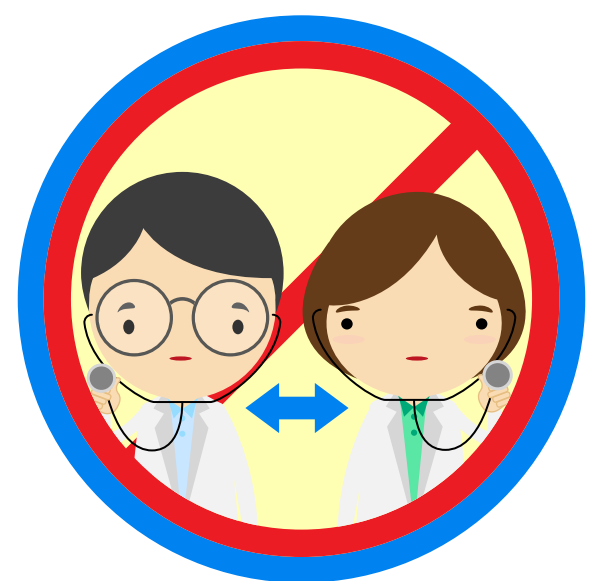
Wear a mask



See a doctor



Stay at home



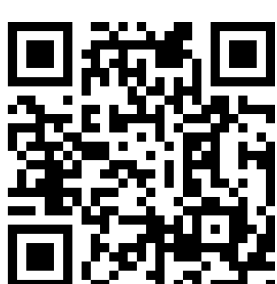
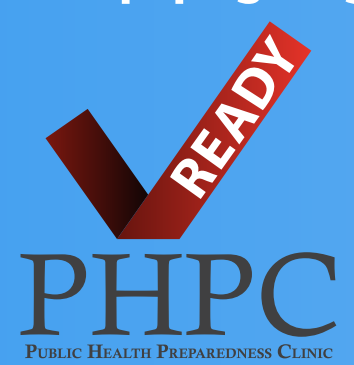
DON'T doctor-hop



Pay only \$5 if you are a PG or MG

to see a doctor at Public Health Preparedness Clinics (PHPC) or polyclinics for respiratory illnesses.
(Other residents pay only \$10)

Check phpc.gov.sg



Do not spread rumours.

Get the latest on the COVID-19 by signing up for
the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp)

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.sg

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