

COVID-19
(Coronavirus Disease 2019)

PRACTISE GOOD PERSONAL HYGIENE

WASH
your hands
regularly with
soap and water.



AVOID
touching
your face with
your hands.

8 STEPS TO CLEAN YOUR HANDS



Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Fingernails



Wrists



Rinse and wipe dry

DO NOT WEAR A MASK IF YOU ARE WELL

There are sufficient masks in the government's stockpiles, if used responsibly.

WEAR A MASK ONLY IF

- You have a **FEVER, COUGH OR RUNNY NOSE**
- You are **RECOVERING FROM ILLNESS**



Stay home and
AVOID
social gatherings
if you are sick.



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)
or at the MOH website (www.moh.gov.sg)



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