

SENIORS SHOULD STAY HOME

**Avoid
visiting markets**
get others to help

**No dining
outside
of home**

**Don't gather
in groups,
at home
or outside,**
e.g. at void decks
or neighbourhood
centres

**Don't go
near seniors
if you are sick**

**Help seniors
with their
essential needs**
e.g. buying food
and groceries
for them



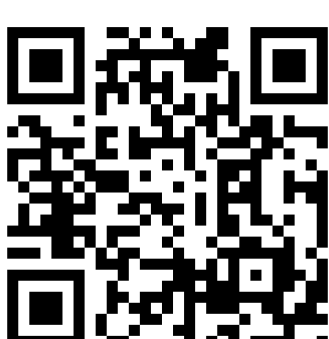
**It is an offence to disobey
safe distancing measures.**

The health of all depends on each one of us.

**If you have to go out, wear a mask.
You will not be allowed
into markets without a mask.**

If you are sick

- Wear a surgical mask
- See a doctor
- Stay at home
- **DON'T** doctor-hop



Do not spread rumours.

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

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