

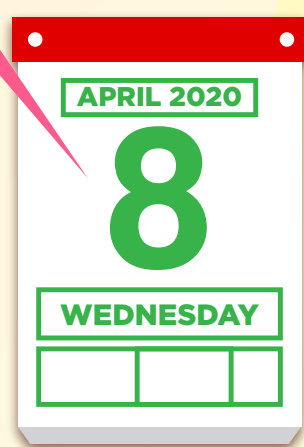
# SAFE DISTANCING AT MARKETS

**Keep our  
seniors safe**

**Elderly should  
avoid visiting  
markets**  
Get others to help

**Keep  
1 metre apart  
when queuing.**  
Follow queue  
markings where  
available

Visit markets  
**during  
weekdays or  
off-peak hours**



1m



**Do the right thing.**  
**The health of all depends on each one of us.**

## If you are sick



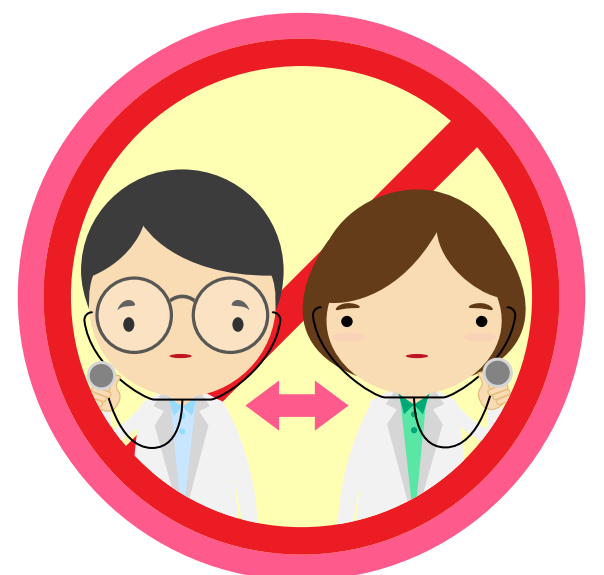
**Wear a mask**



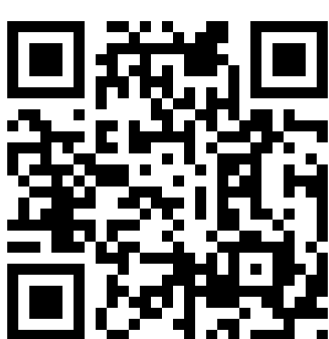
**See a doctor**



**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.go.gov.sg/whatsapp](https://www.go.gov.sg/whatsapp))

**gov  
.sg**

*Updated: 1 Apr 2020*