

# SAFE DISTANCING AT WORKPLACES

**Sit at least  
1 metre apart**

**Tele-commute,  
video and  
tele-conference**

**Stagger work  
and lunch hours**



**Singapore has enough supplies of food and essentials.  
Stay calm and only buy what you need.**

## If you are sick



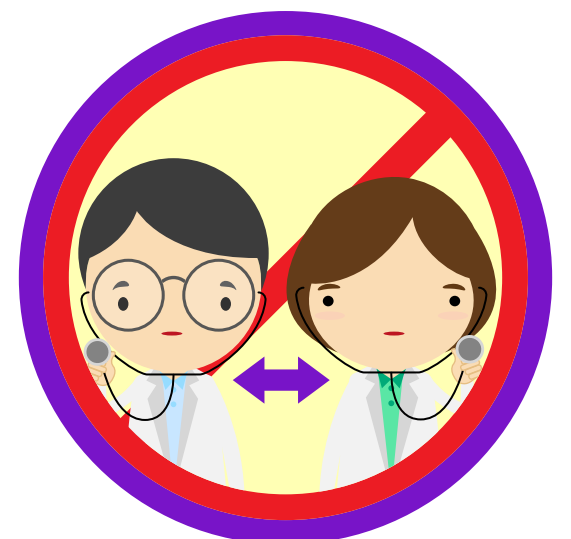
**Wear a mask**



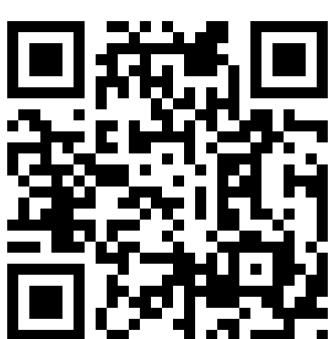
**See a doctor**



**Stay at home**



**DON'T doctor-hop**



**Do not spread rumours.**

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

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