

# COVID-19 & SOCIAL DISTANCING

Everyone must practice good personal hygiene to protect against infection and prevent the virus from spreading. Staying at home is perhaps the best way to curb the spread of COVID-19, but if you do need to go out, practice social distancing to protect yourself and others.



WASH HANDS  
THOROUGHLY  
WITH SOAP



COVER YOUR FACE  
WHEN COUGHING  
OR SNEEZING



FREQUENTLY  
DISINFECT  
TOUCHED OBJECTS



WEAR A MASK  
IF YOU ARE  
FEELING ILL



DRINK PLENTY OF  
FLUIDS AND EAT  
HEALTHILY



MAINTAIN SOCIAL  
DISTANCING WITH  
FRIENDS



AVOID TOUCHING  
YOUR EYES, NOSE  
AND MOUTH



SEEK MEDICAL  
ADVICE IN CASE OF  
FEVER OR COLD



STAY HOME AS  
MUCH AS POSSIBLE  
EVEN IF NOT SICK



AVOID CROWDED  
PLACES AND  
LARGE GROUPS



PICK OFF-PEAK  
HOURS TO  
EXERCISE



KEEP A DISTANCE  
OF 1M BETWEEN  
YOU AND OTHERS



USE FOOD AND  
GROCERY DELIVERY  
SERVICES



BE AWARE OF  
OBJECTS THAT  
OTHERS TOUCH



SELF ISOLATE FOR  
14 DAYS IF BACK  
FROM OVERSEAS



IF MEETING IN A  
GROUP, KEEP  
NUMBERS LOW