

## 9 Steps to avoid getting infected by COVID-19

### 1 Keep your Distance

- Maintain at least 2 metre (6 feet) of distance with others.



### 2 Practice respiratory hygiene

- Cover your mouth when you cough or sneeze.
- Use disposable tissues to cover your mouth.
- Ensure that you discard tissues into a bin immediately.



### 3 Avoid any international or domestic travel unless absolutely necessary

- Do not travel to affected areas.
- Do not come to work if you develop any of the symptoms of the illness.
- Use video- or teleconferencing facilities instead.



### 4 Avoid crowds and congregations

- People who are infected may show no symptoms but are still infectious.



- Avoid close contact with persons who have flu-like symptoms.

### 5 Avoid touching your mouth, nose and eyes

- Sometimes a sick person's saliva can get on other things.
- Accidentally touching these things, and then touching your face may make you fall sick.



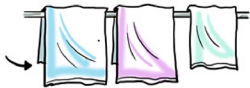
### 6 Wash your hands thoroughly for at least 20-40 seconds every three hours with soap and water

- Not sure if you touched a contaminated surface? Wash your hands at least every three hours.



### 7 Avoid coming into contact with people who are sick or sharing their personal items

- Avoid sharing food, utensils, cups etc.
- Use your own towels.



### 8 Ensure proper sleep and nutrition to keep your immunity levels high



### Seek medical attention immediately if you are sick



Stay safe,  
everyone!

