

## (X) Myth

My family members and I were all fit and healthy during the lockdown, in which case we can step out and socialize freely.



## Do not step out unless critically required.



People of all ages can be infected by the COVID-19 virus. **Older people,** and people with **pre-existing medical conditions** (such as asthma, diabetes, heart disease) are more vulnerable.

Recognize these signs and symptoms of COVID-19 to stay safe

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