

2019 NOVEL CORONAVIRUS

PRACTISE GOOD PERSONAL HYGIENE

WASH
your hands
regularly with
soap and water.



AVOID
touching
your face with
your hands.

8 STEPS TO CLEAN YOUR HANDS



1
Palm to palm



2
Between fingers



3
Back of hands



4
Base of thumbs



5
Back of fingers



6
Fingernails



7
Wrists



8
Rinse and wipe dry

DO NOT WEAR A MASK IF YOU ARE WELL

There are sufficient masks in the government stockpiles, if used responsibly.

WEAR A MASK ONLY IF

- You have a **FEVER, COUGH OR RUNNY NOSE**
- You are **RECOVERING FROM ILLNESS**



Stay home and
AVOID
social gatherings
if you are sick.



Get the latest on the novel coronavirus and other important Government information by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp), or at the MOH website (www.moh.gov.sg)



MINISTRY OF HEALTH
SINGAPORE

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