

# 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's 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](https://www.go.gov.sg/whatsapp)), or at the MOH website ([www.moh.gov.sg](https://www.moh.gov.sg))



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