

COVID-19

Practise Social Distancing

The Ministry of Health has announced various social distancing measures to reduce the risk of local spread of COVID-19. Such measures are to limit large crowds gathering in close proximity over a prolonged duration. The Ministry of Manpower (MOM) would like to remind workers to:



Avoid large gatherings and crowded places

- Avoid gathering in public areas.
- Avoid traveling to crowded places.
- Use services around your accommodation to reduce time spent outside.



Stay at home as much as possible

- On your rest days, stay at home or in your dormitory. Refrain from going out.
- Apps such as *MyMA* are useful if you want to watch shows and movies.



Minimise physical interactions

- Avoid sharing food, drinks, utensils, toothbrushes, towels and other personal items.
- Avoid shaking hands and standing too closely to one another.



Defer your home leave until the COVID-19 situation stabilises

Stay safe by practising good personal hygiene habits!

Keep yourself updated with MOM's resources on COVID-19 here:



WHEN AT EATING PLACES



Wash or sanitise your hands before and after eating.



AVOID sharing utensils. Use serving spoons and **DON'T** double dip.



DON'T spit out food on tables and trays. Use tissues.



Throw used tissues into trash bins. **DON'T** leave them on trays or tables.



Singapore has enough supplies of food and essentials. Stay calm and only buy what you need.

If you are sick



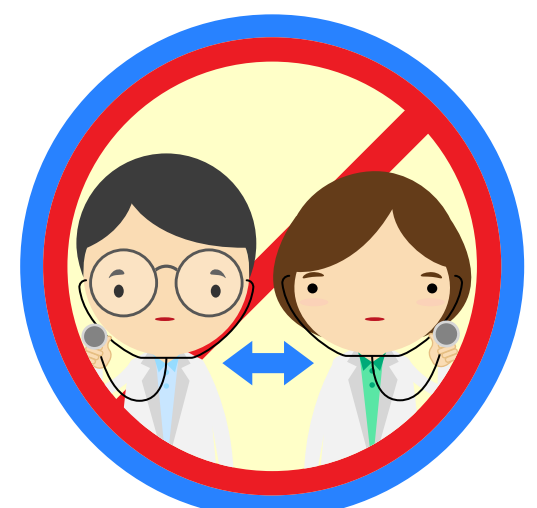
Wear a mask



See a doctor



Stay at home



DON'T doctor-hop



Do not spread rumours.

Get the latest on the COVID-19 by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp)

