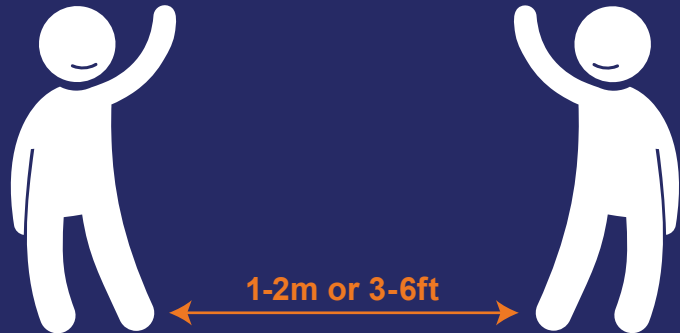


CORONAVIRUS DISEASE 2019 (COVID-19)

SOCIAL DISTANCING

Social distancing means consciously increasing the physical space between yourself and others. These are measures you can take to limit the spread of COVID-19.

SOCIAL DISTANCING TIPS



Keep at least 1 to 2 metres (3 to 6 feet) distance from others even if they appear well.



Stay away from a sick person.



Call or use online services for getting essential items. Go out only when necessary, maintain distance.



Stay at home when sick, even if symptoms are mild.



Phone your doctor for routine consultation. Visit hospitals when medical attention is necessary.



Use private vehicles as much as possible. Avoid public transport.



Work from home, where possible.



Call and use social media to interact with friends and family. Stay away from large and small gatherings.



Wave, bow, nod or use any other culturally appropriate gesture to greet others. Don't shake hands, kiss or hug.



Avoid non-essential travel.

This infographic has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the infographic, please consult your medical professional.

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