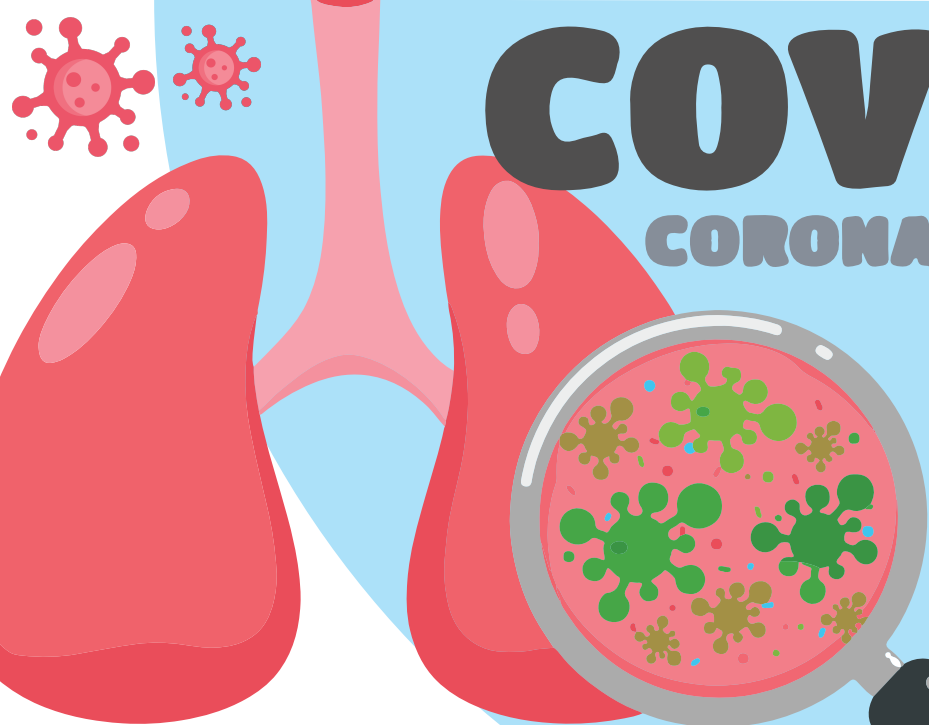


COVID-19

CORONAVIRUS 2019-nCoV

WHAT YOU NEED TO KNOW



What is it?

- COVID-19 is a new strain of coronavirus, which causes respiratory illnesses ranging from common cold to pneumonia.
- COVID-19 can spread from person to person and by droplets made when people with the coronavirus cough or sneeze.

SYMPTOMS

! What to do if I have the symptoms:

- Wear a surgical mask and seek medical attention promptly
- Call the clinic ahead of your visit



Cough



Fever



Headache



Runny Nose



Shortness of Breath

HOW TO PREVENT

Practise Respiratory Hygiene

When you cough or sneeze:

- Cover your mouth and nose with flexed elbow or tissue
- Discard tissue immediately into a closed bin
- Clean your hands with alcohol-based hand rub or soap and water.



Safe Distancing at Workplace

- Stagger work and lunch hours
- Limit meeting size
- Tele-commute, video and tele-conference, where possible
- Maintain at least 1 metre distance between yourself and other people



Why?

- This is to prevent germs or viruses in droplets to land on other people or surfaces.
- Good respiratory hygiene would help prevent spread of any infectious diseases, safeguarding the health and well-being of people around you.

Why?

- When someone with a respiratory disease coughs or sneezes, he/she projects small droplets containing the virus and if you are too close to the person, you could breathe in the virus.

How to Wear a Surgical Mask:



It should **COVER YOUR MOUTH, NOSE AND CHIN**, with the coloured side facing outwards



PINCH THE METAL EDGE OF THE MASK so that it presses gently on your nose bridge



Remove a used mask by **HOLDING ONLY THE EAR LOOPS**

Wear a surgical mask only when:

- You have fever, cough and/or runny nose
- You are recovering from an illness
- You are taking care of a person who is sick.

Why?

- People who are not well, should wear a mask so that they do not spread any infection to other people
- Wearing a mask will protect other people when someone with respiratory symptoms coughs or sneezes, as the mask would trap those droplets and prevent those droplets from spreading and disseminating

How to wash your hands thoroughly:

Wash Hands Frequently

Washing your hands often for 20 seconds will help protect you from germs and viruses.

Why?

Washing your hands with soap and water or using alcohol-based hand rub eliminates the virus if it is on your hands.



Water and Soap



Palm to Palm



Between Fingers



Focus on Thumbs



Back of Hands



Focus on Wrists

SINGAPORE'S TRAVEL & STAY HOME REGULATIONS

• To defer all travel abroad. Singapore residents and long-term pass holders who disregard travel advisory will pay unsubsidised rates for their inpatient stay at public hospitals, if they are admitted for suspected COVID-19 and have onset of symptoms within 14 days of returning to Singapore

• All Singaporeans, Permanent Residents, Long Term Pass holders and short term visitors entering Singapore must serve a 14-day Stay-Home Notice (SHN)*

• Anyone who display respiratory symptoms and are given a five-day sick leave by medical practitioners must stay at home for all five days, starting from the day the medical certificate (MC) has been issued*

*Those on SHN or 5-day MC for respiratory symptoms are to remain in their place of residence at all times. Those who do not comply with this may face up to S\$10,000 fine or up to six-month jail term, or both, under the Infectious Diseases Act.



Why?

This is to further reduce the risk of importation of the virus and prevent community spread in Singapore