

If you have **mild flu-like symptoms** like



**Cough**



**Runny nose**



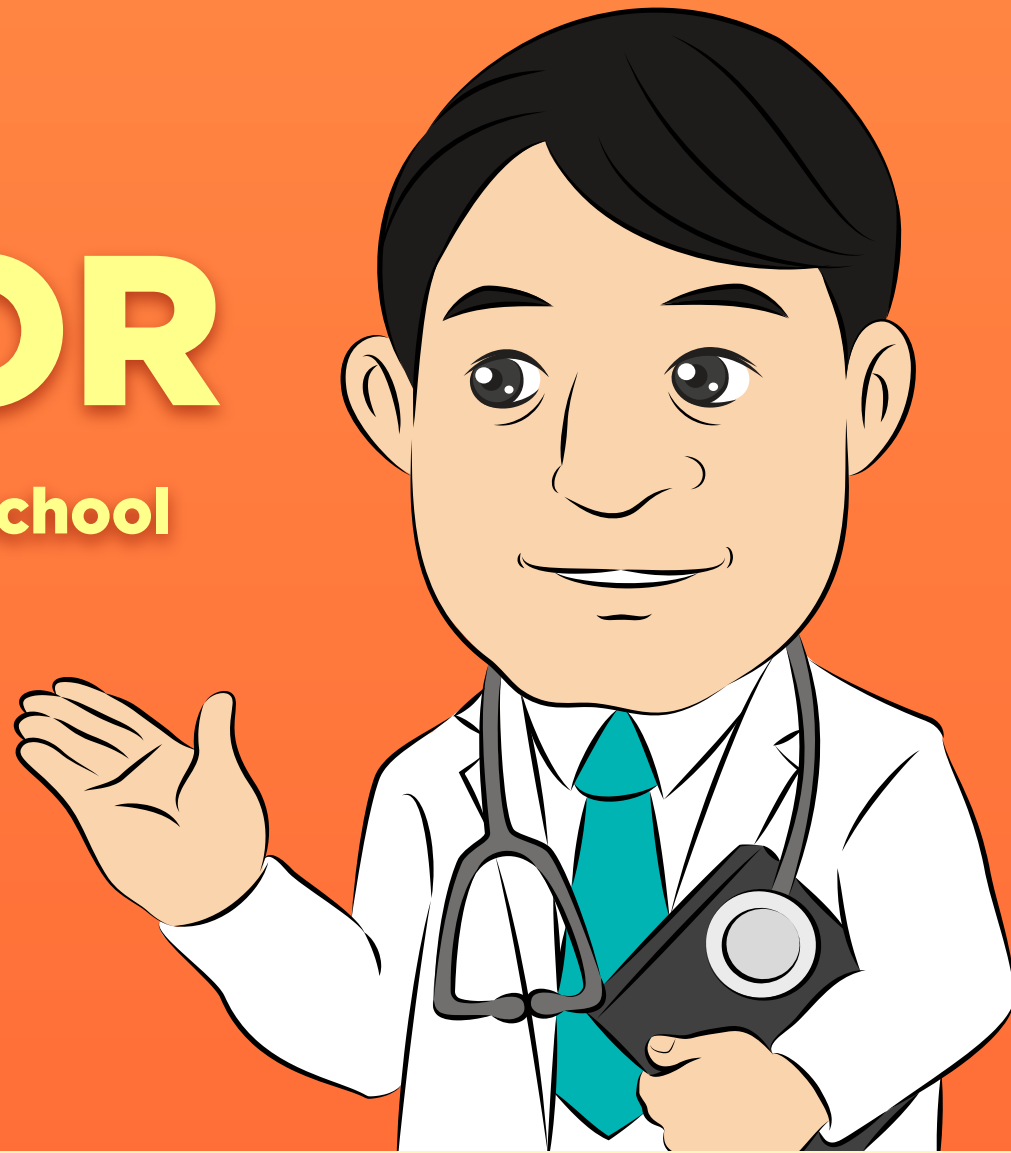
**Sore throat**



**Fever**

# SEE A DOCTOR

- Don't go to work or school
- Avoid crowds
- Stay at home
- Don't doctor-hop



You can go to **Public Health Preparedness Clinics and polyclinics**. Singaporeans and PRs receive subsidised treatments.

Check [www.phpc.gov.sg](http://www.phpc.gov.sg)

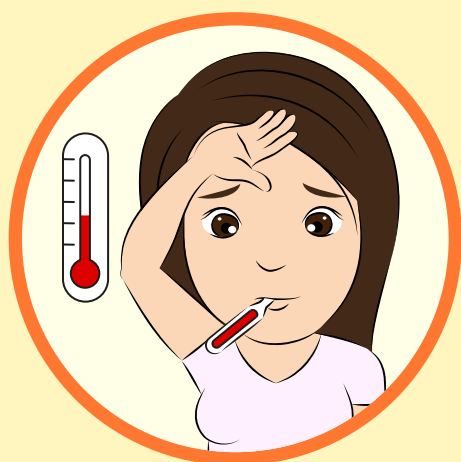


# LET'S ALL DO OUR PART

Practise 7 habits of good public hygiene to keep Singapore clean



Wash your hands frequently with soap



Monitor your temperature twice daily



Use tissue paper when sneezing or coughing



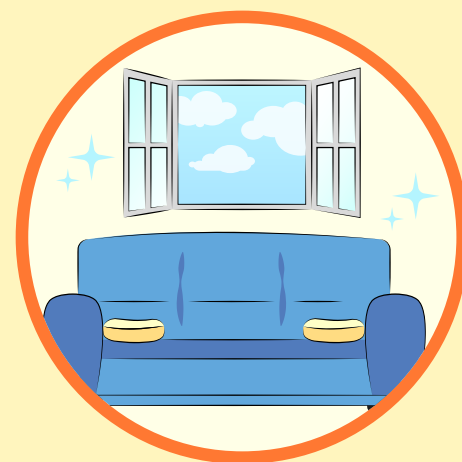
Bin litter and used tissue



Return tray and keep table clean

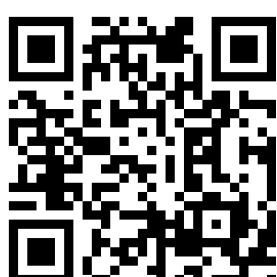


Keep toilet clean and dry



Keep your surroundings clean, well-ventilated and pest-free

**Comply with Home Quarantine Orders and Stay-Home Notices and stay at your designated locations**



**Do not spread rumours.**

Get the latest updates on COVID-19 by signing up for the Gov.sg WhatsApp channel ([www.go.gov.sg/whatsapp](http://www.go.gov.sg/whatsapp)) or at the MOH website ([www.moh.gov.sg](http://www.moh.gov.sg))