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.

Wash or sanitise your hands before and after eating.

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)

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