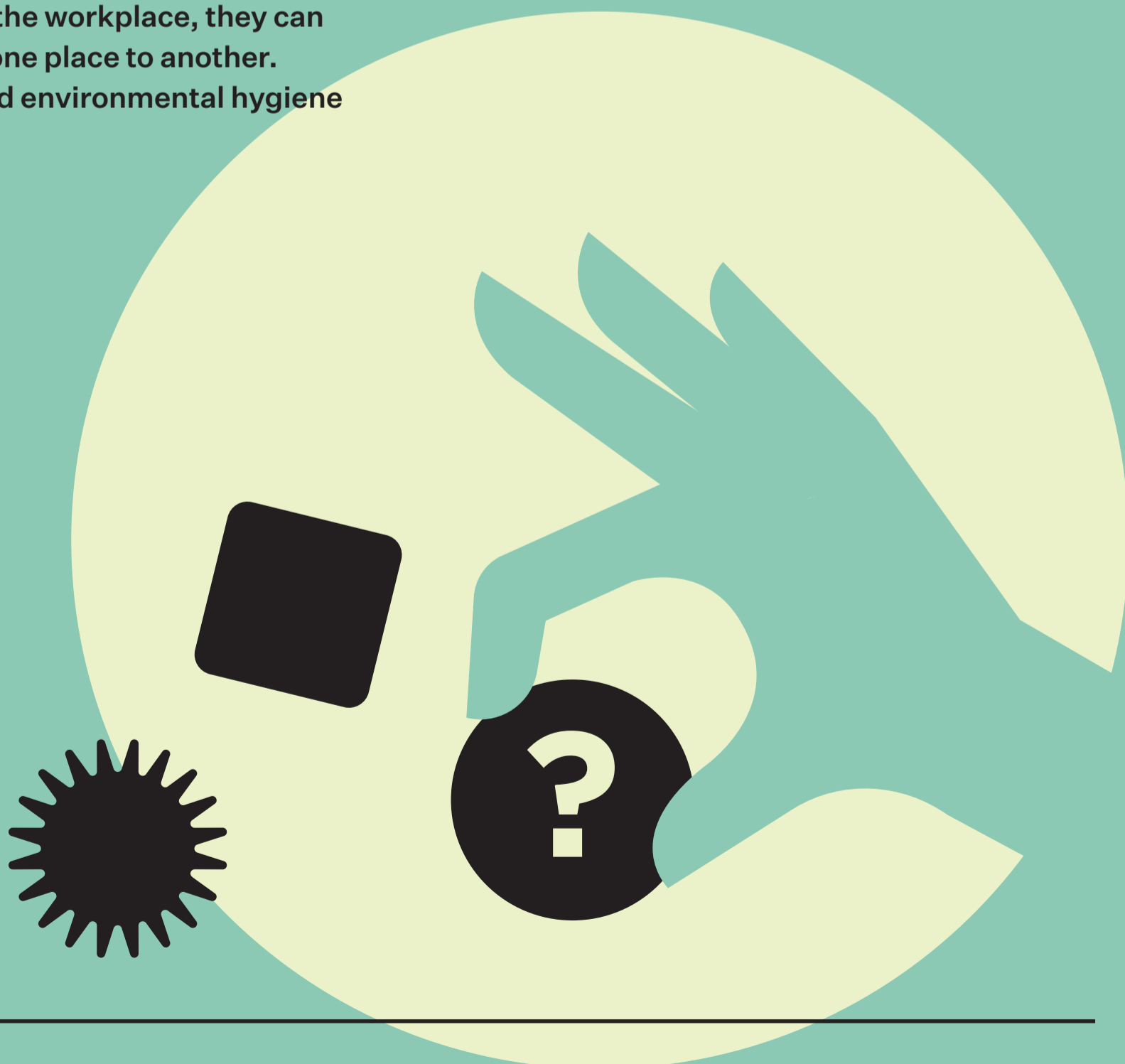


# Be aware of the surfaces you touch

## Did you know?

As people move around the workplace, they can transfer microbes from one place to another. Maintaining personal and environmental hygiene can help to prevent this.



# Has your desk been cleaned?

## Did you know?

Keyboards can contain high levels of microbes, especially when shared. A good precaution is to wash your hands before and after using a computer, telephone or any items used by others. Make it a habit to wipe down your equipment.



**Advice from  
M Moser WELL APs**

# Wash your hands frequently

## Did you know?

Scrubbing hands creates friction which helps lift dirt, grease, and microbes from skin. Frequent and careful handwashing is one of the most important ways of preventing the spread of infection. Use soap and clean water.



# Be aware of touching your face

## Did you know?

Hands can be contaminated with microbes after touching many surfaces. If you touch your eyes, nose or mouth with contaminated hands, you can transfer the microbes from the surface to yourself.

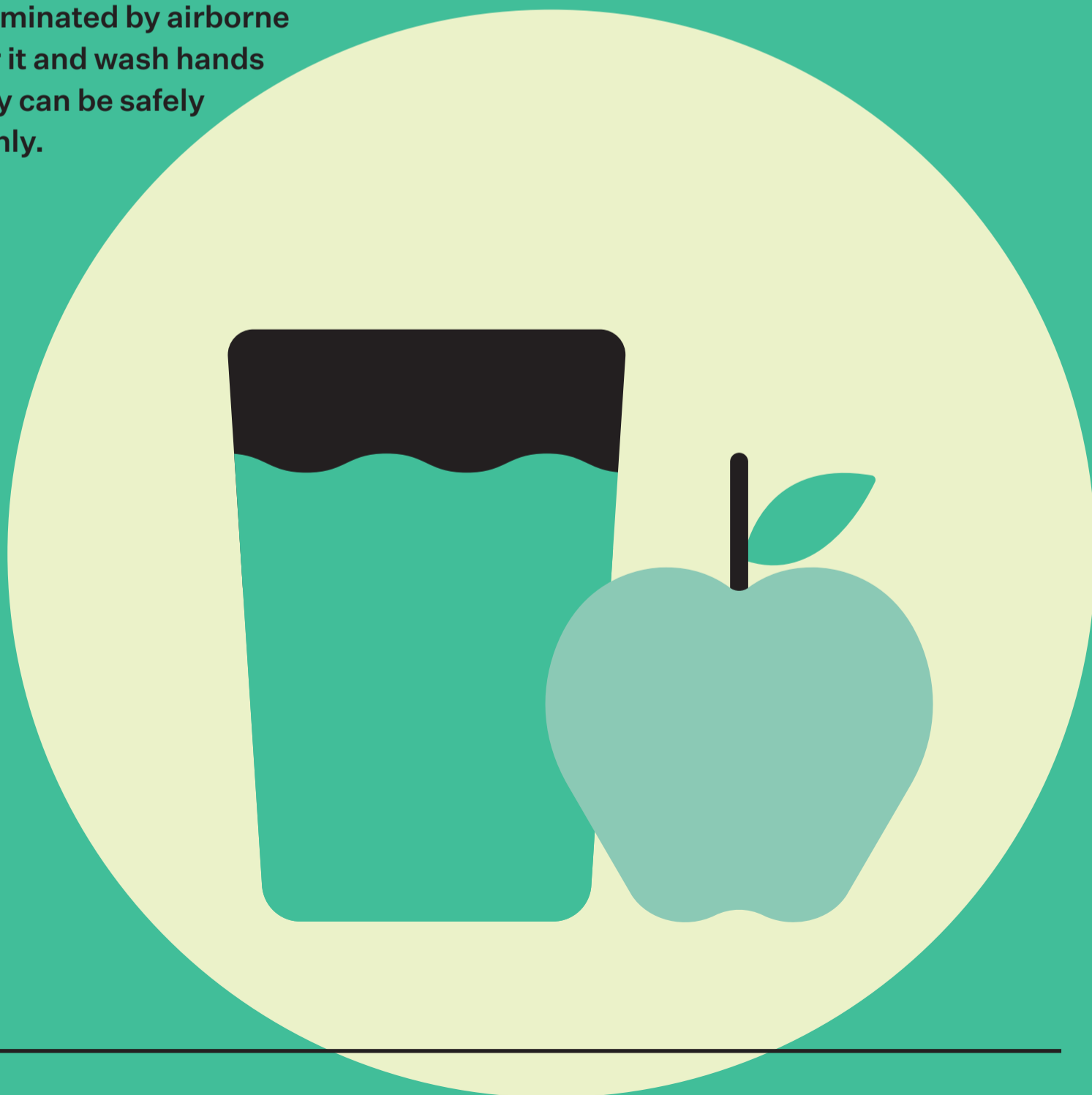


**Advice from  
M Moser WELL APs**

# Practice food safety

## Did you know?

Uncovered food can be contaminated by airborne microbes, so be sure to cover it and wash hands as required. Meat and poultry can be safely consumed if cooked thoroughly.

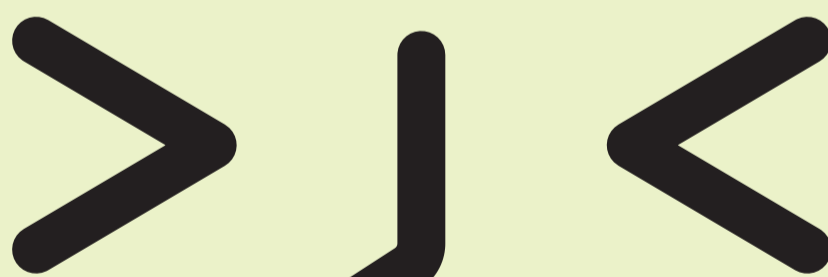


**Advice from  
M Moser WELL APs**

# Cough and sneeze with caution

## Did you know?

Covering your mouth with a tissue when coughing or sneezing can help prevent the spread of microbes. Be sure to wash your hands right afterwards.



**Advice from  
M Moser WELL APs**

# Close the lid before flushing

## Did you know?

Microbiologists advise putting the toilet lid down first before flushing. Every time you flush, microbes are distributed into the air.



**Advice from  
M Moser WELL APs**

# Boost your immune system

## Did you know?

Staying positive and maintaining a healthy lifestyle including considering diet, sleep and exercise can help maintain a healthy immune system.

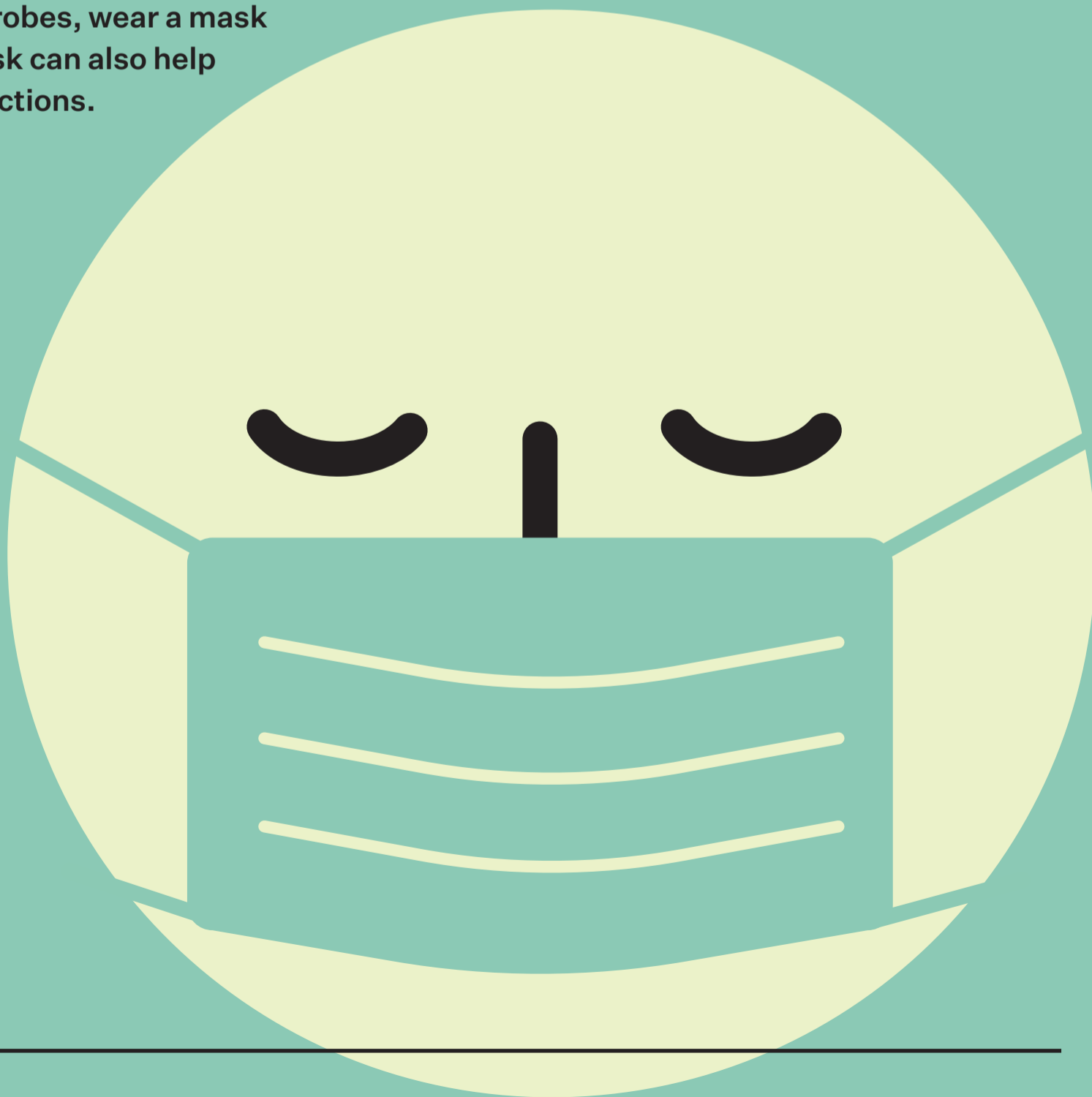


**Advice from  
M Moser WELL APs**

# **Wear a mask if unwell**

## **Did you know?**

To prevent the spread of microbes, wear a mask if you are sick. Wearing a mask can also help prevent respiratory tract infections.



# Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



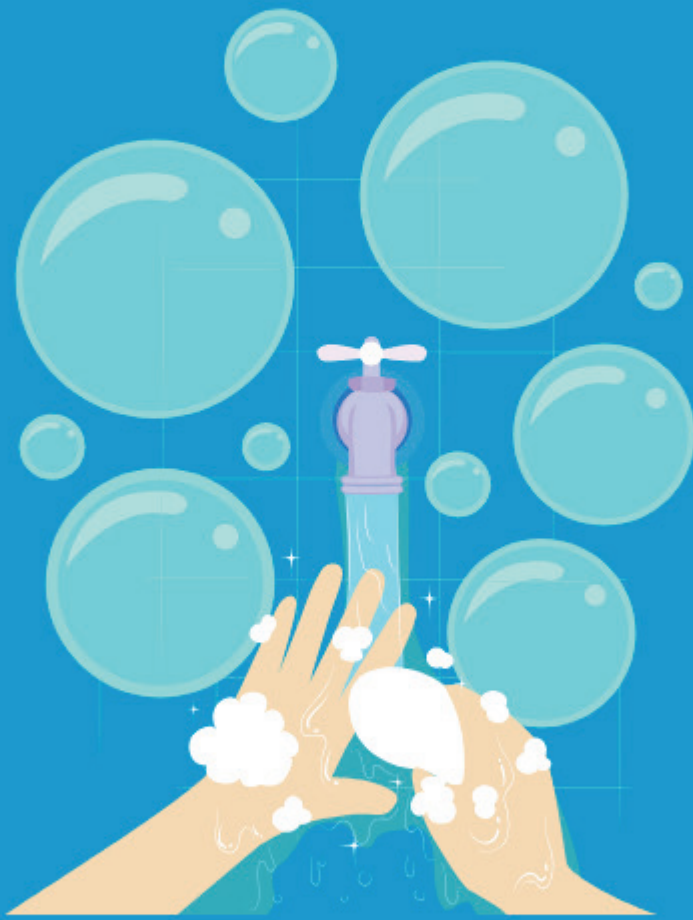
If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



World Health  
Organization

# Protect yourself and others from getting sick

## Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health  
Organization

# Protect others from getting sick

When coughing and sneezing  
**cover mouth and nose** with  
flexed elbow or tissue



**Throw tissue into closed bin**  
**immediately after use**

**Clean hands** with alcohol-based  
hand rub or soap and water  
after coughing or sneezing and  
when caring for the sick



World Health  
Organization

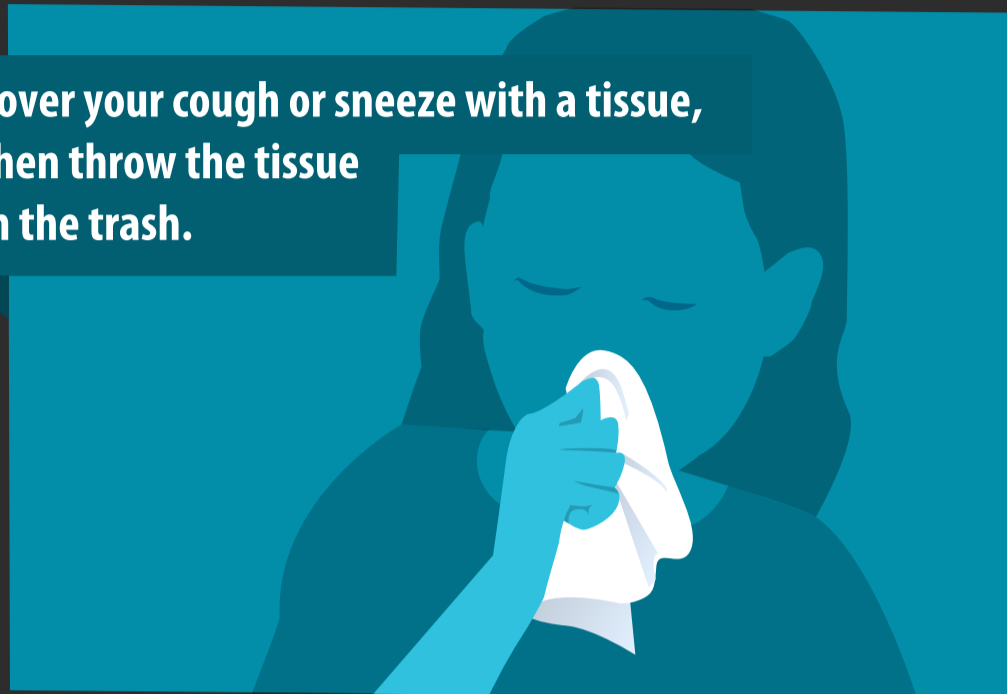
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

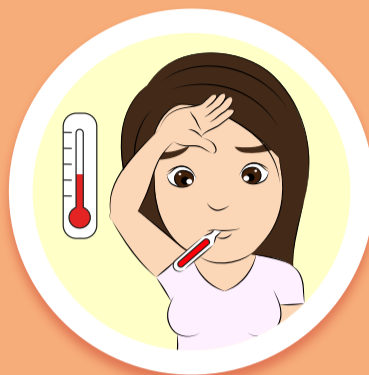
CS314915-A



# LET'S ALL DO OUR PART



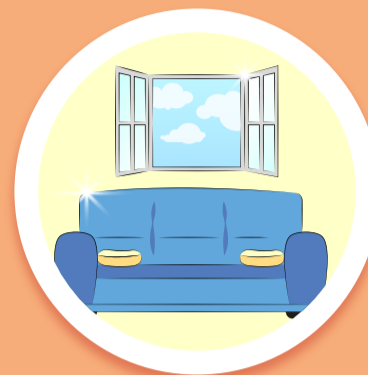
Wash your hands  
frequently with  
soap



Monitor your  
temperature  
twice daily



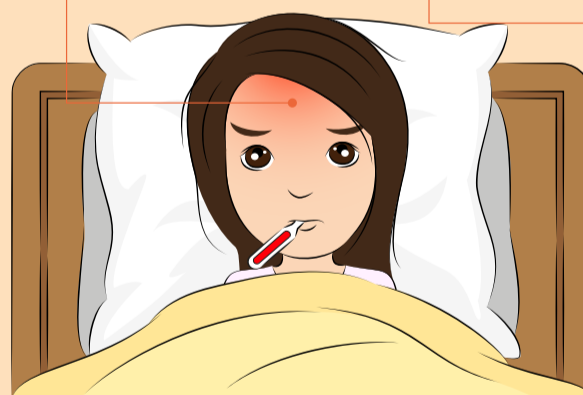
**AVOID**  
touching your face  
with your hands



Keep your home  
and surroundings  
clean and  
well-ventilated

## Be socially responsible

- 1 Cover your mouth with tissue paper when sneezing or coughing
- 2 Wear a mask if you are sick and see a doctor promptly
- 3 If you are sick, **AVOID** crowded places and stay at home
- 4 Comply with **Home Quarantine Orders** and **Leaves of Absence** and stay at your designated locations



## WE WILL GET THROUGH THIS!



### Do not spread rumours.

Get the latest on the novel coronavirus by signing up for the Gov.sg WhatsApp channel ([www.go.gov.sg/whatsapp](https://www.go.gov.sg/whatsapp)) or at the MOH website ([www.moh.gov.sg](https://www.moh.gov.sg))



Updated: 8 Feb 2020