



SYMPTOMS?

- Fever
- Dry coughs
- Difficulty breathing
- Tiredness

HOW DOES COVID-19 SPREAD?

Through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales

- touching the objects or surfaces that contains these droplets, then touching your eyes, nose or mouth

NEED TO WEAR MASK?

Yes, only if you are unwell (cough, fever, flu-symptoms) - mask is to protect others from you

RECEIVING PACKAGES FROM HIGH RISK AREAS?

Yes, you can.

- The virus can survive few days only in environment.
- Low risk of catching the virus from a package that has been moved, travelled, & exposed to different conditions & temperature.
- Still in doubt? Okay, simply wash your hands after opening and disposing of the wrapping

HOW RISKY IT IS TO TAKE AN AIRPLANE?

Low risk because most viruses do not spread easily on airplanes due to it's air circulation & filtration. However, safety measures are necessary.

Disinfect. Clean your hands with an alcohol-based hand rub/ wash them with soap & water. Don't forget to clean your personal items too!

Avoid touching eyes, nose and mouth. Why? Once contaminated, hands can transfer the virus to your eyes, nose or mouth & enter your body

Maintain at least 1 metre [3 feet] distance between yourself and anyone who is coughing or sneezing

Cover your mouth & nose with your bent elbow / tissue when you cough or sneeze. Then dispose the tissue immediately

Consider handshake alternatives