What is COVID-19?

- The **COVID-19 (Coronavirus Disease 2019)** *is a new coronavirus strain identified in China, which has caused cases of severe pneumonia in China*
- *Coronavirus is a family of viruses known to cause illnesses ranging from common cold to pneumonia*
- *Cases of COVID-19 have been exported to other cities and countries, including Singapore*

Typical Symptoms include Cough, Runny Nose, Fever and Shortness of Breath

MONITOR YOUR HEALTH CLOSELY

1 All Travellers to monitor your health closely for 2 weeks upon returning to Singapore

2 If you have fever, cough or runny nose, wear a mask and seek medical attention promptly

3 Call the clinic ahead of your visit and inform the doctor of your symptoms and travel history

PRECAUTIONS TO TAKE

Avoid consumption of raw and undercooked meat

Avoid crowded places and being around people who are unwell

Observe good personal hygiene at all times

Wash hands frequently with soap

Wear a mask if you have a cough or runny nose

Cover your mouth with a tissue paper when coughing or sneezing

See a doctor if you are unwell

REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES.

The situation is evolving. Check MOH website for regular updates: **www.moh.gov.sg**

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