

ADVISORY ON THE  
**COVID-19**  
(Coronavirus Disease 2019)  
IN CHINA

**DEFER** non-essential travel to mainland China  
due to evolving COVID-19 situation

If you are travelling overseas, **DON'T**



**Go near  
live animals,  
including  
poultry & birds**



**Eat raw  
and undercooked  
meats**



**Be in crowded  
places and around  
people who are  
unwell**

**DO**



**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 feel  
unwell**



**Upon return to Singapore, monitor your health  
closely for 2 weeks and see a doctor if unwell.**



**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](http://www.go.gov.sg/whatsapp))  
or at the MOH website ([www.moh.gov.sg](http://www.moh.gov.sg))

