

Best Practices During COVID-19

One small step

you take is a big step in our joint defense



Wear a face mask on public transport, in an elevator, in crowded spaces, and when you cannot maintain social distancing.



Wash your hands with soap after you visit public places, take public transport, arrive home, and before you eat.



Avoid going out, and avoid crowded places. You can chill at home exercising, reading, playing video games, and binge watching!



Do not panic if you have a fever or respiratory symptoms.

Put on a face mask and see a doctor.

Inform the doctor of your contact history to facilitate timely diagnosis.

Rest at home. Leave home only after recovery.