

HOW TO PREPARE IN CASE SOMEONE GETS SICK IN YOUR HOUSEHOLD



Life has to continue even where COVID-19 is spreading.

Here's how to stay safe.

GET YOUR CONTACTS READY



For health information and care: your doctor, health facilities, health centre/hotline and emergency numbers.

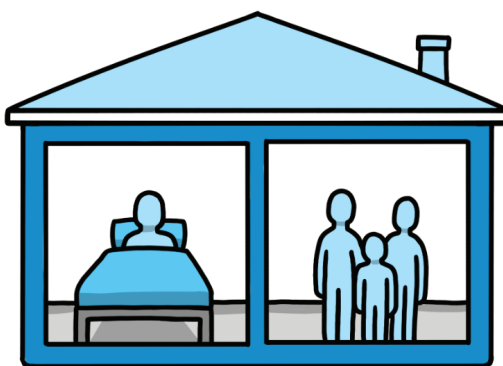


For your support network: family, friends, neighbors, school or work.

WHAT SHOULD BE PREPARED



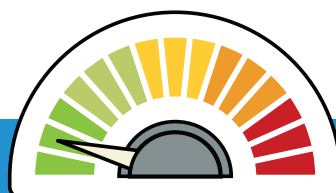
Stock up on supplies such as regular medicines, medical masks and cleaners/disinfectants.



Prepare a separate room or isolated space, and keep distance from others.



Put in place a support network for groceries, transport, childcare and other essentials.



REMEMBER, IT'S ALWAYS SAFER TO



KNOW YOUR RISK.
LOWER YOUR RISK.