

As the situation continues to evolve, we strongly urge all members to remain vigilant and observe good personal hygiene.

These are some useful tips from the Ministry of Health to keep safe!

COVID-19
(Coronavirus Disease 2019)

If you have **mild flu-like symptoms** like

Cough Runny nose Sore throat Fever

SEE A DOCTOR

- Don't go to work or school
- Avoid crowds
- Stay at home
- Don't doctor-hop

You can go to **Public Health Preparedness Clinics and polyclinics** for subsidised treatments.
Check www.phpc.gov.sg

Look out for this logo

Let's all Do Our Part

Wash your hands frequently with soap

Monitor your temperature twice daily

AVOID touching your face

Comply with **Home Quarantine Orders** and **Stay-Home Notices** and stay at your designated locations

Use tissue paper when sneezing or coughing and dispose it properly

Return your food trays and keep your table clean

Keep toilets clean and dry

Keep your surroundings clean, well-ventilated and pest-free

Do not spread rumours.

Get the latest updates on COVID-19 by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp) or at the MOH website (www.moh.gov.sg)

SG CLEAN **SG UNITED** **MINISTRY OF HEALTH SINGAPORE** **gov.sg**

(Updated: 24 Feb 2020)

Free Additional Insurance Cover Against COVID-19

With the on-going threat of the Coronavirus Disease 2019 (COVID-19), AIA is providing free additional insurance cover to all eligible customers with immediate effect.

For more information, please log on to:

<https://www.aia.com.sg/en/campaigns-promotions/covid19-special-coverage.html>

Information is accurate at time of print.

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