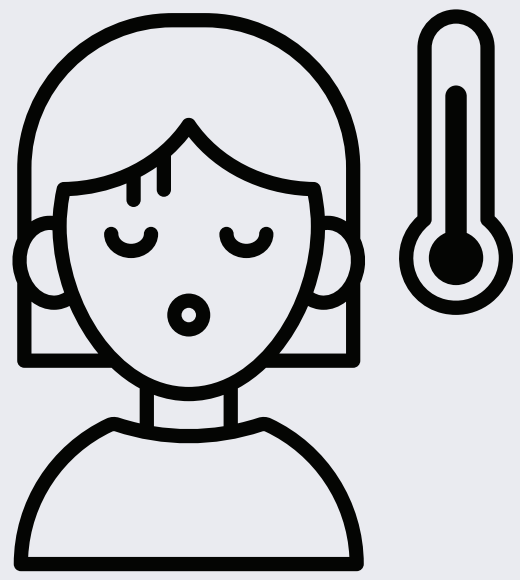


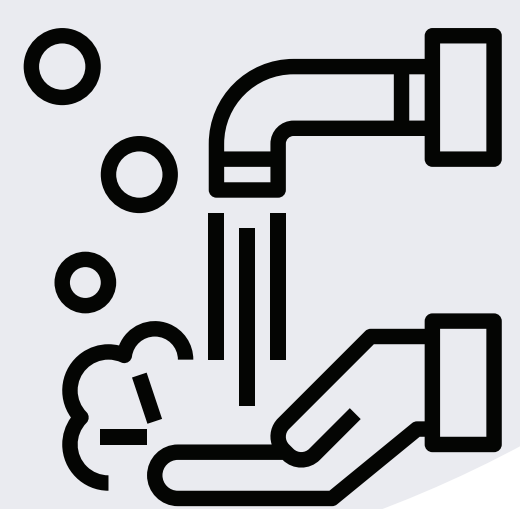
STAY SAFE with the 5 Ms

Play your part in containing
the spread of COVID-19
(Coronavirus Disease 2019)
by following the 5 Ms



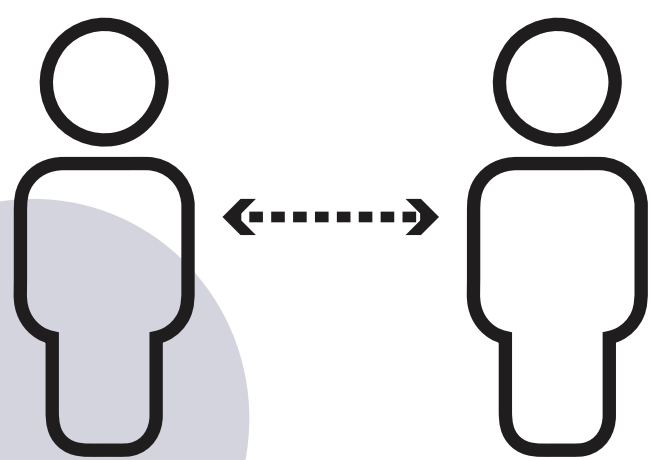
Manage My Health

Keep a close eye on my body for symptoms (fever, shortness of breath, coughing and sneezing)



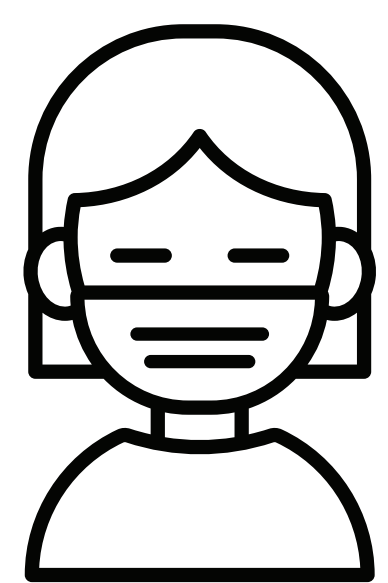
Maintain Clean Hands

Good personal hygiene by regular hand washing with soap and water



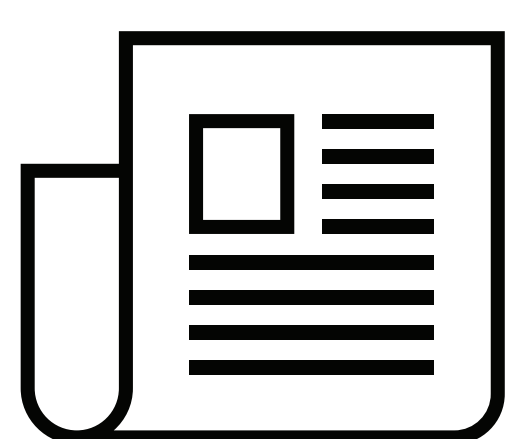
Minimize Contact

With those who are unwell



Mask Up When Unwell

And follow local contact procedures for accessing medical resources



Monitor the News