

# SAFE DISTANCING AT WORKPLACES

Sit at least  
1 metre apart

Tele-commute,  
video and  
tele-conference

Stagger work  
and lunch hours



Singapore has enough supplies of food and essentials.  
Stay calm and only buy what you need.

## If you are sick



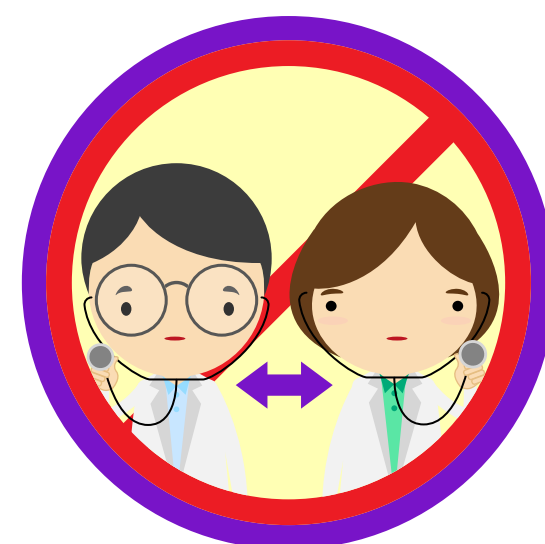
Wear a mask



See a doctor



Stay at home



DON'T doctor-hop



**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))

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