NEW NORMAL
SAFE OUTDOORS

AVOID crowded parks. Check safedistparks.nparks.gov.sg

Wear a mask unless doing strenuous exercises

Up to 5 people in a group and no mixing between groups

Keep 2 metres apart for intense activities

Sanitise hands before and after touching common surfaces

Use TraceTogether App or Token

If you are sick

Wear a surgical mask
See a doctor
Stay at home
DON’T doctor-hop

See a doctor early if you have mild flu-like symptoms

Do not spread rumours
Get the latest on COVID-19 by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp).
The service is available in English, Chinese, Malay and Tamil.

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