It's **ORANGE** now but you can **STAY SAFE WITH THE 5M's**

Play your part in containing the spread of COVID-19 (Coronavirus Disease 2019) by following the **5M's**.

1. **MANAGE MY HEALTH**
   - By keeping a close watch on my body for symptoms.

2. **MAINTAIN CLEAN HANDS**
   - Through good personal hygiene of regular hand washing with soap and water.

3. **MINIMISE CONTACT**
   - With those who are unwell.

4. **MASK UP WHEN UNWELL**
   - And visit the doctor immediately.

5. **MONITOR THE NEWS**

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**DORSCON Orange** indicates that while the disease is severe and spreads easily from person to person, it has not spread widely and is being contained in Singapore.

Be socially responsible. Maintain good personal hygiene. Look out for health advisories. Comply with control measures.

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**PRACTISE GOOD PERSONAL HYGIENE**

The Ministry of Health has introduced additional measures to safeguard public health.

Check [www.moh.gov.sg](http://www.moh.gov.sg) for the latest updates.