TRANSPORT
• When it is necessary to go from one place to another, do not use public transport. If there is an absolute need to use public transport, sit in a window seat in a row by yourself, where possible, wearing face mask.
• You should minimize your use of public transport, taxis and ride-sharing apps like Uber.
• Avoid crowded public transport, especially during rush hour.
• Make sure you use hand sanitizers regularly.
• If you need to cough or sneeze, then cover your mouth or nose, or you can cough or sneeze into your sleeve and perform hand hygiene.

GETTING FOOD AND MEDICINE
• Where possible, contact a friend, family member or delivery services to carry out errands like supermarket shopping on your behalf.
**LIVING WITH OTHERS**

- You should limit your contact with people including family members to the strict minimum.
- You should avoid having visitors to your home, but it is okay for friends, family or delivery drivers to drop off food.
- If you are in a home where there are other residents, minimize close contact with them by avoiding situations where you may have face-to-face contact closer than 2 meter.
- It is preferable to use your own room and own bathroom and sleep in a single bed. If not possible to have a single bathroom then you should be using detergents to regularly clean the bathroom after you use it.
- The other household residents do not need to self-isolate, provided these precautions are followed.
- You should not share dishes, drinking glasses, cups, eating utensils, towels, pillows or other items with other people in your home.
- After using these items, you should wash them thoroughly with dish soap and water, and keep them away from other utensils used by the other residents.

**COVER YOUR COUGHS AND SNEEZE**

- Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve.
- Throw used tissues in a rubbish bin and immediately wash your hands with soap and water for at least 20 seconds, making sure you dry them thoroughly.
- You can also use hand sanitizers.

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**TAKING CARE OF YOUR WELL-BEING**

- Your emotional and mental health is important.
- It is normal to feel stressed or lonely when self-isolating, but there are some things you can do to feel better.
- Reach out to your usual supports, like family and friends and talk about how you feel.
- Use social media, mobile phones and watch TV.
- We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising.

**WASH YOUR HANDS**

- Wash your hands often and thoroughly with soap and water for at least 20 seconds.
- You can use hand sanitizer if soap and water are not available and if your hands are not visibly dirty.
- Avoid touching your eyes, nose and mouth with unwashed hands.