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**