STAY SAFE with the 5Ms

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**