

FAST ADVISORY ON THE WUHAN CORONAVIRUS OUTBREAK

GOOD PRACTICES FOR ALL FOREIGN DOMESTIC WORKERS



-Don't spread fake news



-On your day off, don't be in crowded places and around people who are unwell



-Do not prepare raw or undercooked meat for your employer



-Wash your hands frequently with soap wherever you go



-Wear a mask if you are unwell



-Cover your mouth with a tissue paper when coughing or sneezing



-Inform your employer and see a doctor if you feel unwell

*If you are from abroad, upon return to Singapore, monitor your health closely for 2 weeks and see a doctor if unwell.

9 STEPS TO HAND WASHING



USE SOAP



PALM TO PALM



BACK TO HANDS



FINGERS INTERLACED



BASE OF THUMBS



FINGERNAILS



WRISTS



RINSE HANDS



DRY HANDS