



BASIC PROTECTIVE MEASURES AGAINST COVID-19

- Follow the advice of local authorities.
- If you are eligible, **GET A COVID-19 VACCINE** as soon as it is available to you.
- **WEAR A FACE MASK** whenever required to, especially when in public places.
- **KEEP 1-2 METRES (3-6 FEET)** away from others even if they appear well and avoid direct contact with them.
- **COVER YOUR COUGHS** and **SNEEZES**. Use your elbow or a tissue.
- **WASH YOUR HANDS** frequently. Carry hand sanitiser for use when soap and water are not readily available.
- Avoid crowded areas, ensure **ADEQUATE VENTILATION** in enclosed spaces.
- **MINIMISE GATHERINGS** with friends and family.
- **AVOID** touching your face, especially if you have touched objects handled by many people.
- If you have symptoms, even if mild, stay home and seek medical advice.

Keep yourself in the best possible health.

Sleep well, eat a healthy diet, and keep up with regular physical activity.

For up to date information, you can visit our website:
<https://pandemic.internationalsos.com/2019-ncov>



COVID-19 VACCINATION

Vaccination is safe, effective and can save lives.

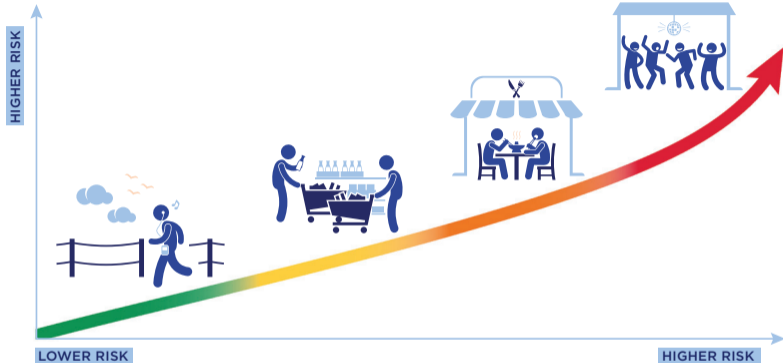
- It reduces the risk of infection, especially severe infection and hospitalisation.
- Vaccination is voluntary, however everyone who are eligible are encouraged to be vaccinated.
- Minor expected side effects, such as a sore arm at the injection site and a mild fever, are common. Reports of serious side effects are very rare.
- If you have any questions or concerns about COVID-19 vaccination, speak to your doctor for clarification.
- Closely monitor the vaccination programme in your location.



PROTECT YOURSELF AND HELP REDUCE THE SPREAD OF COVID-19

CORONAVIRUS (COVID-19) POCKET GUIDE

HOW DOES COVID-19 SPREAD?



- Mainly spreads between people in close contact via infected droplets.
- People may inhale infected droplets. Risk is higher in indoor spaces with inadequate ventilation.
- By touching contaminated surfaces.
- Infected people with minimal or no symptoms may spread COVID-19.

VACCINATION, USE OF FACE MASKS, PHYSICAL DISTANCING AND HYGIENE MEASURES TOGETHER HELP REDUCE THE SPREAD OF COVID-19.

COMMON SYMPTOMS INCLUDE:



Fever



Cough



Sore throat



Shortness of breath



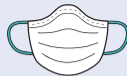
Fatigue

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DISCLAIMER:

This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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HOW TO USE A MASK

Follow manufacturer's instruction or guidance from local authorities.

- 1 Before putting on a mask, clean your hands with soap and water, or alcohol-based hand sanitisers.
- 2 Cover mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- 3 Avoid touching the mask while using it; if you do so, clean your hands with soap and water, or alcohol-based hand sanitisers.
- 4 When you remove the mask: remove it from behind. Do not touch the mask on the front.
 - if disposable – drop it into the waste container
 - if reusable – the mask should be washed / cleaned before re-use
 - if the mask cannot be washed but you need to store it to wear again – place it in a “breathable” container (e.g paper bag)
- 5 Clean hands with soap and water, or use alcohol-based sanitiser.