

# COVID-19

More than ever, it's time to **WORK ON OUR HABITS!**  
Here is how to apply SafeStart concepts in your new routines.

## PREPARE

### ✔ Rushing

- Don't rush to conclusions. Situation calls for caution, not panic.

### ✔ Frustration

Don't despair. Scientists & Doctors are working around the clock to find a cure.

### ✔ Fatigue

Battle mental fatigue. Stay positive and spend time with your loved ones.

### ✔ Complacency

Complacency puts people at risk. Stay informed and cooperate with authorities.

## PRACTICE & PREVENT



**WASH HANDS  
FREQUENTLY**



**PROTECT YOURSELF  
AND OTHERS**



**MAINTAIN SOCIAL  
DISTANCING**



**AVOID  
MISINFORMATION**

**STAY INFORMED AND FOLLOW THE LATEST ADVICE GIVEN  
BY THE GOVERNMENT. WE WILL GET THROUGH THIS TOGETHER.**

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