How to prepare in case someone gets sick in your household

Life has to continue even where COVID-19 is spreading.

Here's how to stay safe.

GET YOUR CONTACTS READY

For health information and care: your doctor, health facilities, health centre/hotline and emergency numbers.

For your support network: family, friends, neighbors, school or work.

WHAT SHOULD BE PREPARED

Stock up on supplies such as regular medicines, medical masks and cleaners/disinfectants.

Prepare a separate room or isolated space, and keep distance from others.

Put in place a support network for groceries, transport, childcare and other essentials.

REMEMBER, IT'S ALWAYS SAFER TO

KNOW YOUR RISK. LOWER YOUR RISK.