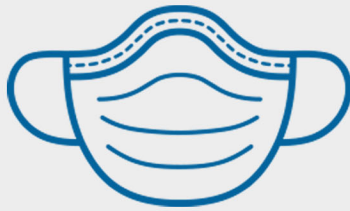


PROTECT YOURSELF AND OTHERS.

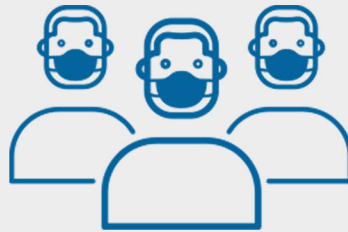
As we go back to our normal activities once the Enhanced Community Quarantine (ECQ) is lifted, here's how you can help prevent getting or spreading infection.



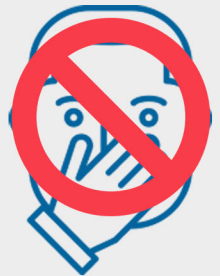
Observe proper hand hygiene.



Wear a face mask.



**Maintain physical distance
(at least 1 meter).**



**Avoid touching
your face.**

When visiting a clinic or hospital:



**Call your healthcare
provider prior to the visit.**



**Use disinfectant wipes
before touching handles,
doorknobs, and touchpads.**



**Use a hand sanitizer when
you leave the clinic or
hospital, and immediately
wash your hands thoroughly
when you get home.**

Keep your home infection-free.



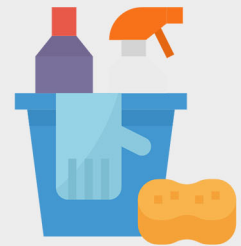
Wash your hands frequently especially when you arrive from work or after running errands.



Clean your footwear before entering your home.

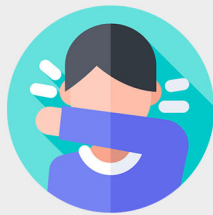


Avoid unnecessary outdoor activities.



Clean high-touch surfaces (doorknobs, light switches, phones, faucets, etc.) frequently and thoroughly.

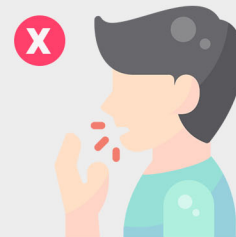
Protect your children.



Teach them to wash their hands and cover their coughs or sneezes.



Launder items including washable toys.



Keep them away from sick people or crowded places.

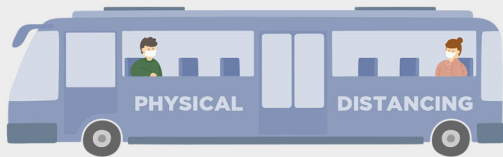


Limit time with other people.



Help your child stay active without having to go outdoors.

Protect yourself when going back to work.



Practice physical distancing during your commute.



Wash your hands as soon as you reach the office.



Frequently clean and disinfect high-touch surfaces on your workspace (phone, keyboard, mouse, light switches, and doorknobs).



Use alcohol wipes for your office supplies.



Consider using an online platform for meetings instead of face-to-face whenever possible.



Perform proper hand hygiene as soon as you get home!

Protect yourself when going outdoors.



Avoid crowded places.



Have an alcohol-based sanitizer with you at all times.



Do not engage in any activity that would require close contact with other people.

When running errands:



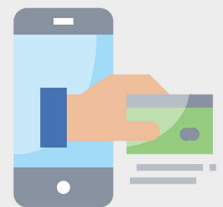
Try to schedule errands during hours when there are fewer people in the area.



Disinfect shopping carts or basket handles. Use disinfectant wipes if available, or alcohol-based sanitizers.



Use a hand sanitizer right after paying and when you leave the store.



Opt for online transactions whenever possible to minimize contact.