

# WHEN AT EATING PLACES



**Wash or sanitise your hands before and after eating.**



**AVOID** sharing utensils. Use serving spoons and **DON'T** double dip.



**DON'T** spit out food on tables and trays. Use tissues.



Throw used tissues into trash bins. **DON'T** leave them on trays or tables.



Singapore has enough supplies of food and essentials. Stay calm and only buy what you need.

## If you are sick



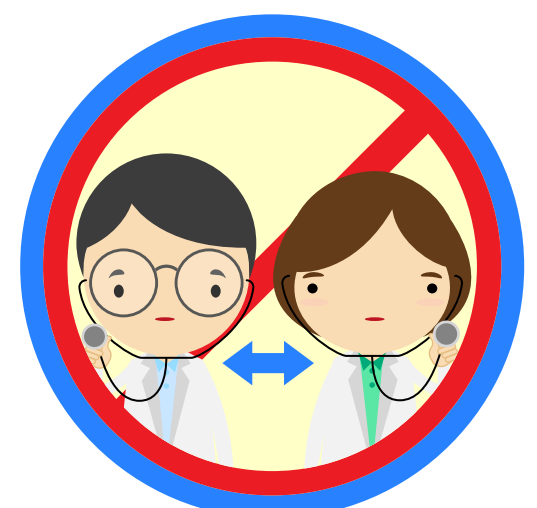
**Wear a mask**



**See a doctor**



**Stay at home**



**DON'T** doctor-hop



**Do not spread rumours.**

Get the latest on the COVID-19 by signing up for the Gov.sg WhatsApp channel ([www.go.gov.sg/whatsapp](https://www.go.gov.sg/whatsapp))

