

# Accessible document

## STAY SAFE with the 5Ms

Play your part in containing the spread of COVID-19 (Coronavirus Disease 2019) by following the 5 Ms:

### **Manage My Health**

Keep a close eye on my body for symptoms (fever, shortness of breath, coughing and sneezing).

### **Maintain Clean Hands**

Good personal hygiene by regular hand washing with soap and water.

### **Minimize Contact**

With those who are unwell.

### **Mask Up When Unwell**

And follow local contact procedures for accessing medical resources.

### **Monitor the News**