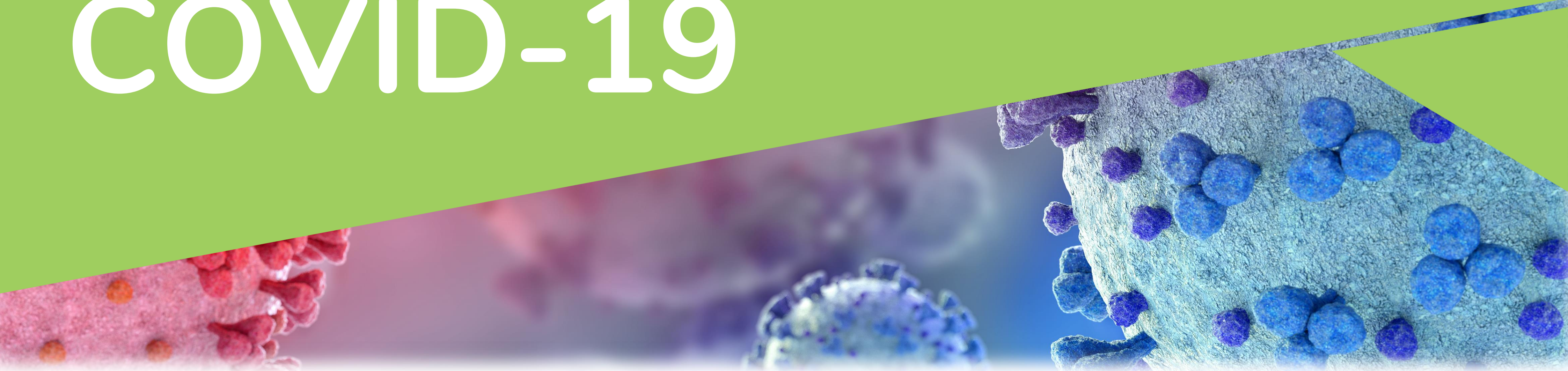


# COVID-19



## What is COVID-19?

COVID-19 is a respiratory illness caused by a novel coronavirus that spreads mainly through:

- Respiratory droplets
- Contact with contaminated surfaces
- Airborne routes

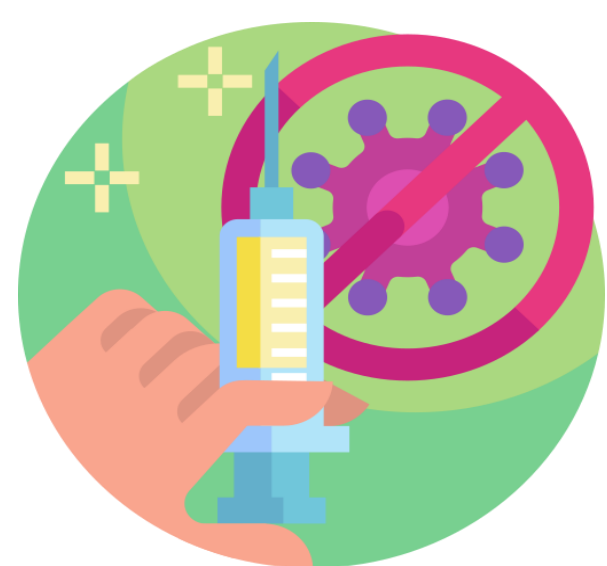
## What are the Symptoms?

- Fever
- Shortness of breath
- Cough
- Runny nose
- Sore throat
- Loss of smell or taste

## Am I at Risk?

You may be at risk of COVID-19 if you are:

- Aged 60 and above
- A person with pre-existing medical conditions such as chronic lung or heart disorders
- Pregnant
- A resident of long-term care facilities



## How Can I Protect Myself from COVID-19?

Take the COVID-19 vaccine\* when it is offered to you to protect yourself and your loved ones.

\*It is free for all Singaporeans, permanent residents and long-term residents; and available to persons aged 5 and above.

You can also protect yourself by:

- ✓ Following safe distancing guidelines
- ✓ Wearing mask when outdoors and practising good personal hygiene
- ✓ Avoiding close contact with those unwell or showing symptoms
- ✓ Covering nose and mouth when coughing or sneezing
- ✓ Seeing a doctor if unwell and staying at home until recovered



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