



# Good Hygiene Practice



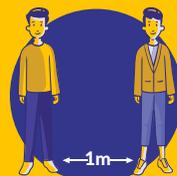
**Wash your hands** frequently with water and soap or alcohol-based hand rub for 20 seconds.

**Cover your mouth and nose** with tissue or sleeve when coughing and sneezing and discard used tissue in closed bin.



**Avoid touching eyes, nose or mouth** with your contaminated hand.

**Keep physical distancing** at least 1 metre away from other people, especially those who might be unwell.



**Clean and disinfect** frequently touched objects and surfaces.

**Avoid consumption** of raw or undercooked animal products and follow good food safety practices.



**Practice self-isolation** if you have fever and/or respiratory symptoms regardless of your travel or contact history.

**Seek medical care** whenever you have fever, cough and difficulty breathing regardless of your travel history and circumstances.



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# Physical Distancing Outside Your House During COVID-19



Reduce your risk of contraction of COVID-19 by staying at least 1 metre away from other people.

Maintain at least 1 metre distance outside when shopping for essential items at the supermarket, buying food at restaurant, doing transaction at bank, refueling at petrol station, using public transport, or buying medicine at the pharmacy.



As an extensive measure to curb the spread of the virus, please **put on face mask** whenever you are outside your house and if you are showing symptoms.

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# Staying Calm During the Outbreak of COVID -19



**Keep in touch with your loved ones.**  
Your family and friends.

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Throughout the Movement Control Order, it is important to **maintain a healthy lifestyle** including proper diet and exercise.



Do not use cigarette, alcohol, and drugs to deal with pressure. If you feel overwhelmed, **kindly contact psychosocial helpline (03-2935 9935)** and speak to them.

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**Kindly ensure all information on crisis are from credible sources** such as WHO, KKM and Crisis Preparedness and Response Centre (CPRC). Plan your preparedness measures.



**Stay calm and do not panic.**  
Avoid excessive exposure to media coverage that can be perceived as upsetting.

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**Increase enjoyable pastime activities** such as art, gardening or house cleaning to maintain emotional balance.



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# Using Face Mask

## When to use a mask?

For healthy people wear a mask only **if you are providing care to individuals with respiratory symptoms.**

Wear mask whenever being **in public or close contact with people.**

Masks are effective only when **used in combination with frequent hand cleaning with water and soap or hand sanitizer.**



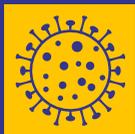
If you wear a mask then **you must know how to use it and dispose of it properly.**

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# Build Our Resilience During COVID-19

## During COVID-19 outbreak – ACT

### 1. Protect yourself and others by;

- Staying at home during the Movement Control Order (MCO) period.
- Practicing physical distancing.



### 2. Put your household plan into action;

- Stay informed about the local situation. Get up-to-date information from public health officials.
- Continue practicing daily preventive actions. Cover mouth and nose with a tissue and wash your hands often with soap and water or hand sanitizer. Clean frequently touched surfaces and objects.
- Avoid sharing personal items and provide your sick household member with clean disposable facemask to wear at home.



- Stay in touch with family and friends by telephone.



- Take care of the emotional health of your family. Talk with your children, stay calm and reassure them that they are safe.



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# Build Our Resilience During COVID-19

## 3. For those who still have to go to work;

- **Inform employer** if you need to change your normal work schedule.
- **Work from home** or take leave if you or someone in the family gets sick.



## 4. Help protect your children during an outbreak;

- **Speak with your teachers** on school assignments and activities that can be **done from home**.
- **Stay informed** about local situation.

## After COVID-19 outbreak has ended - FOLLOW UP

### 1. Evaluate the effectiveness of your household's action plans

- **Discuss and take notes of lessons learned.** Talk about problems in your plan and effective solutions.
- **Maintain communication lines with your community.** Continue practicing good personal health habits.
- **Continue to practice everyday preventive actions.** Stay home if you are sick.
- **Take care of the emotional health of your family.** Connect with family and friends.
- **Help children cope after the outbreak.** Share information about how each child is coping after the outbreak.



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# Towards Controlling of a Pandemic

(1/2)

## What is a pandemic?

When the **disease spreads at a global level** we call it a pandemic.



## How is the virus spreading?



Between people who are in **close contact** with one another.



**Through respiratory droplets** when an infected person coughs, sneezes or talks.



These droplets may **drop in the mouths or noses** of people who are nearby or possibly be **inhaled into the lungs**.



It may be possible that a person can get the virus **by touching a surface or objects that has the virus** on it and then **touching their own mouth, nose or possibly eyes**.

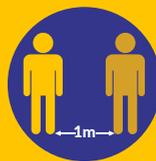
## Controlling human-to-human spread :



**Self-Isolation or Quarantine :** Practice self-isolation if you have fever and/or respiratory symptoms and seek medical care.



**Hygiene :** Wash hands, use hand sanitizer and practice good coughing and sneezing etiquette.



**Physical Distancing :** Stay home but if you must go out keep at least a metre away from other people. Wear face masks when you have to interact with other people.

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# Towards Controlling of a Pandemic

(2/2)

## Controlling environmental spread :



**Cleaning** : Clean and disinfect frequently touched objects and surfaces.

## Who is at risk?

The COVID-19 virus infects **people of all ages**. However, evidence to date suggests that **two groups of people are at a higher risk** of getting severe COVID-19 disease.



**Older people**



People with **underlying medical conditions**.



**WORLD HEALTH ORGANIZATION (WHO)** emphasizes that all must protect themselves from COVID-19 in order to protect others.

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