

**NEW NORMAL**

# SAFE SHOPPING



**AVOID crowded spaces. Check [spaceout.gov.sg](https://spaceout.gov.sg)**



**Keep at least 1 metre apart**



**Use contactless payment where possible**



**Sanitise hands before and after touching common surfaces**



**Help buy essentials for seniors**

**Use TraceTogether App or Token**



TraceTogether

## If you are sick



**Wear a surgical mask**



**See a doctor**



**Stay at home**



**DON'T doctor-hop**

**See a doctor early if you have mild flu-like symptoms**



## Do not spread rumours

Get the latest on COVID-19 by signing up for the Gov.sg WhatsApp channel ([www.go.gov.sg/whatsapp](https://www.go.gov.sg/whatsapp)). The service is available in English, Chinese, Malay and Tamil.

