How to ensure Social distancing?

Avoid large gatherings and maintain distance of 3 feet/1 meter from others.

- Avoid shaking hands and hugging. Greet by saying Salaam from a distance.

- Avoid unnecessary use of public transport, when possible.

- Avoid gatherings with friends and family. Stay in touch through phones and social media.

- If possible, work from home to protect yourself and your family.

- Avoid large gatherings.

- Avoid contact with someone who is showing respiratory symptoms like cough, runny nose, fever, difficulty in breathing and body aches.

- Contact your medical doctor or call the help line 1166 for more information about COVID-19.

- If you have to go to the grocery store/bank, keep a distance of 3 feet/1 meter from other people.

Contact your medical doctor or call the help line 1166 for more information about COVID-19.