



# Measures to Ensure Good Health and Safety Against COVID-19



Source: <https://doh.gov.ph/>



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Source: <https://doh.gov.ph/>

**Follow physical distancing reminders if need to go out.**



**Avoid gatherings in general.**

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**Regularly disinfect surfaces frequently used/touched inside the home.**



**Avoid public places if possible.**

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**Always bring alcohol or sanitizer when going out.**



**Avoid touching surfaces in public places.**

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Source: <https://doh.gov.ph/>

**Always bring and wear face mask and face shield when going out for essential trips/tasks.**



**Regularly wash hands when soap and water are available.**

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