

PLAY YOUR ROLE, YOU CAN MAKE A DIFFERENCE!

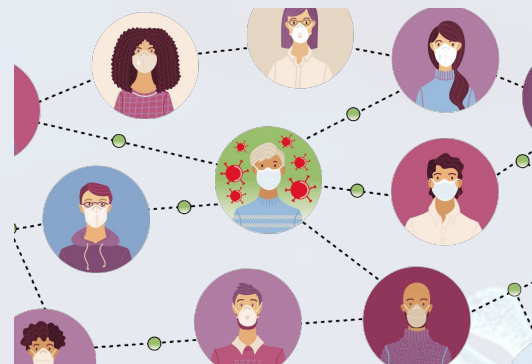
If you have risk of COVID-19 as below:



Been to high risk areas



Have symptoms



Contact with COVID-19
positive case

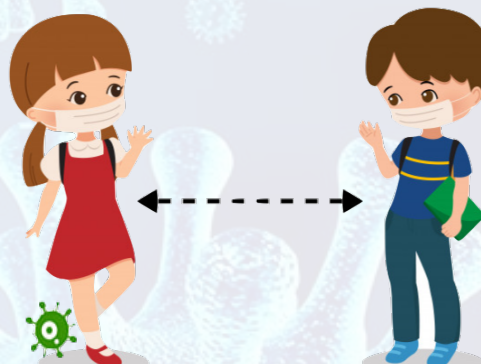
Steps to take:



Seek medical
attention & get a
COVID-19 swab done



Self isolate & contact the
District Health Office for
quarantine order (QO)



Practice proper
physical
distancing &
wear mask



Practice proper hygiene

Even if your first swab result is negative,
continue practicing the above!

**Repeat a COVID-19 swab PCR and Rapid
test Kit (RTK) Antibody test in 10-14days.**

MAINKAN PERANAN ANDA, ANDA BOLEH MEMBUAT PERUBAHAN !

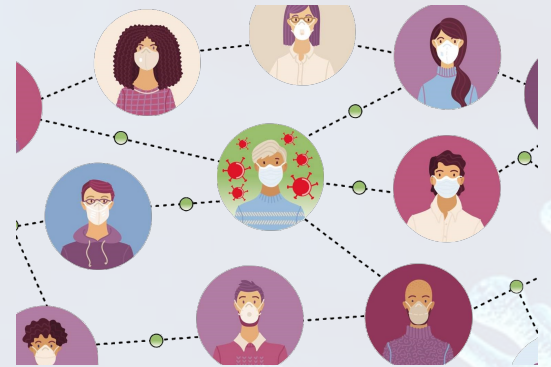
Jika anda mempunyai risiko COVID-19 berikut:



Mengunjungi tempat
yang berisiko tinggi



Mengalami
sebarang simptom



Kontak dengan kes
yang positif

Langkah-Langkah yang harus diambil:



Dapatkan rawatan
dan ujian COVID-19



Amalkan
penjarakan
fizikal &
memakai alat
pelitup muka

Asingkan diri dan hubungi PKB
untuk Quarantine Order (QO)



Jaga kebersihan diri

Walaupun keputusan COVID-19 pertama negatif, **teruskan amalan seperti atas!**
Ulangi ujian COVID-19 (PCR) and Ujian Rapid test Kit (RTK) Antibody dalam masa 10-14 hari.

做好自己的本分，大家都有责任！

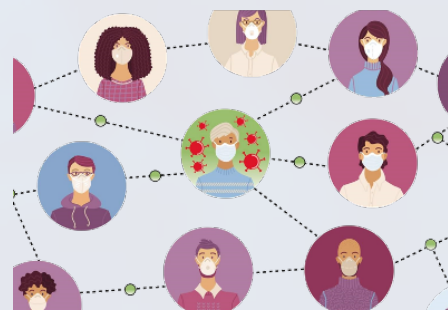
若你有任何新型冠状病毒：



刚从高风险区



有症状



与新冠肺炎病患者
有过密切接触



尽快求医&
做新型冠状病毒
病毒检验



自行隔离和联络
地方卫生局出检



进行适当的
身体疏远&
戴上口罩



勤洗手，养成良
好的卫生习惯

就算第一次新型冠状病毒测试结果阴
性，**继续以上的习惯！**

**在10-14天后，再到诊所做第二次的新型冠
状病毒检验和快速抗体测试！**