

COVID-19 is now transitioning into the endemic phase in Malaysia. Yet, it continues to be a threat to our health as new variants can still arise and trigger local outbreaks. Let's keep ourselves and our loved ones safe with these preventive tips.



## 6 Key Steps to Stop COVID-19



Physical distancing.
 Keep a distance from others, especially in public/crowded spaces.



Respiratory etiquette.
 Cover your mouth and nose by coughing and sneezing into your elbow or a tissue.



Wear a mask.
Especially in crowded and poorly ventilated spaces.



**5. Get vaccinated.**And stay up to date with booster doses.



3. Hand hygiene.
Clean your hands
frequently with
alcohol-based hand
sanitisers or soap
and water



Self-isolate.
 If you or your child tests positive for COVID-19, self-isolate until recovered.

Stay Protected Anytime, Anywhere

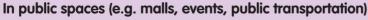
#### At daycare/kindergarten/school

 Make sure the school has proper COVID-19 prevention measures in place.

• Let your child stay at home if he/she is sick.

 Provide your child with a fresh and clean face mask each day. Don't forget to pack backup masks!

 Provide your child with an alcohol-based hand sanitiser to clean his/her hands regularly.



- Avoid the 3Cs: spaces that are Closed,
   Crowded or involve Close contact.
- If you have to bring your child, make sure that he/she wears a face mask.
- Don't let other people kiss or hug your child.



### **During playdates/sleepovers**

- Plan playdates or sleepovers with trusted relatives or friends.
- Make sure that everyone is healthy beforehand.
- Opt for outdoor playdates.



#### When travelling

- Don't forget to carry the essentials: hand sanitisers, extra face masks, wipes, etc.
- Follow local, national and international health and travel guidelines based on where you are travelling.
- Get the vaccine and booster dose before travelling.



# The Best Shot to Keep Your Little One Healthy

 COVID-19 vaccination is recommended for all children aged 5-18 years old in Malaysia.

 Children aged 6 months to 5 years with comorbidities or a compromised immune system are also recommended to take the vaccine.

 The COVID-19 booster dose is currently available at government and private clinics and hospitals.

Consult your doctor to learn more about COVID-19 vaccination for children.

