

# COVID-19: Let's Keep Ourselves & Loved Ones Safe



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



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



- 2. Wear a mask.**  
Especially in crowded and poorly ventilated spaces.



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



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



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



- 6. 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.



## In public spaces (e.g. malls, events, public transportation)

- Avoid the **3Cs**: spaces that are **C**losed, **C**rowded or involve **C**lose 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.

