

✗ Myth

My family members and I were all fit and healthy during the lockdown, in which case we can step out and socialize freely.

✓ Fact

Do not step out unless critically required.



People of all ages can be infected by the COVID-19 virus.  
**Older people**, and people with **pre-existing medical conditions**  
(such as asthma, diabetes, heart disease) are more vulnerable.

Recognize these signs and symptoms of COVID-19 to stay safe