



**CONTROL MEASURES FOR COVID-19 PANDEMIC  
BRUNEI DARUSSALAM**

**NEW NORMAL DURING COVID-19**

**The public is advised to practise new normal as follows:**

<p><b>Protect Yourself and Others</b></p> <ul style="list-style-type: none"><li>• Wash hand frequently with soap and water or hand sanitizer</li><li>• Use facemask in public areas or in crowded places</li><li>• Practise correct cough and sneeze etiquette</li><li>• Do not come near someone who has symptoms</li><li>• Isolate yourself when you have symptoms and get immediate medical examination and treatment</li><li>• Get COVID-19 vaccination to protect each other from the infection</li></ul>	<p><b>Carry out Daily Activities with Caution</b></p> <ul style="list-style-type: none"><li>• Practise physical distancing as much as possible</li><li>• Touching your face or shaking hands is discouraged</li><li>• Reduce interactions with others as much as possible, especially when it is not necessary</li><li>• Avoid going to crowded places</li><li>• Good practices such as regularly disinfecting frequently touched surfaces</li><li>• Carry out daily activities such working, shopping and paying bills online as much as you can</li></ul>
<p><b>Get Up-to-date Information</b></p> <ul style="list-style-type: none"><li>• Understand the symptoms of COVID-19 infection; know who are at a higher risk of getting severe complications and ways to prevent from getting infected</li><li>• Know what to do if you have the symptoms</li><li>• Call Health Line 148 or Darussalam Hotline 123 (outside office hours), if necessary</li></ul>	<p><b>Manager's Responsibilities at ALL Premises</b></p> <ul style="list-style-type: none"><li>• Provide QR code for each premise</li><li>• Ensure the health status of workers, patrons or visitors, by checking body temperature and scanning the QR code for BruHealth application</li><li>• Do not permit anyone with symptoms of the infection from entering the premise</li><li>• Encourage self-hygiene practices among workers, patrons or visitors</li><li>• Encourage physical distancing</li></ul>