

# ADAPTING TO THE "NEW NORMAL"

## COVID-19



PLATINUM  
HEALTH

Now that we are in lockdown level 1, we need to adapt to the "new normal". The number of Covid-19 infections have reduced largely as a result of preventative measures.

The "new normal" means that we should continue to wear masks, practicing social distancing and frequent washing of hands. These measures will further contain the spread of the diseases.

Complacency or lowering our guard will result in the resurgence of infections. Second waves of infections have proven to be more catastrophic than the first.

Let us all act and behave responsibly to contain the spread of this disease.

