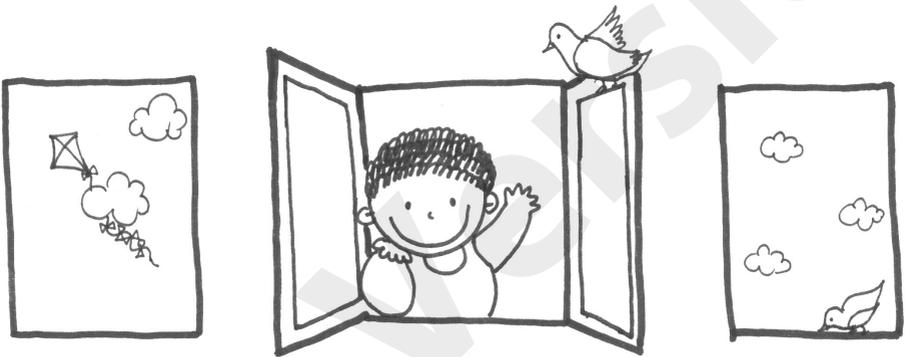


# HOW TO PROTECT YOURSELF FROM COVID-19

A Guide for Migrant Workers



Name
Age
FIN
Dormitory
Rm No.

*This free booklet is available in Bengali, Tamil, Hindi, Chinese, Telugu, Burmese and Thai.  
If you would like copies for your facility, please write to [hello@kitesong.com](mailto:hello@kitesong.com).  
For facility-specific information, we recommend printing your own A5 insert.*



Dear Brother,

We know you may be worried or confused.

It is not easy to be away from home, especially during a disease outbreak.

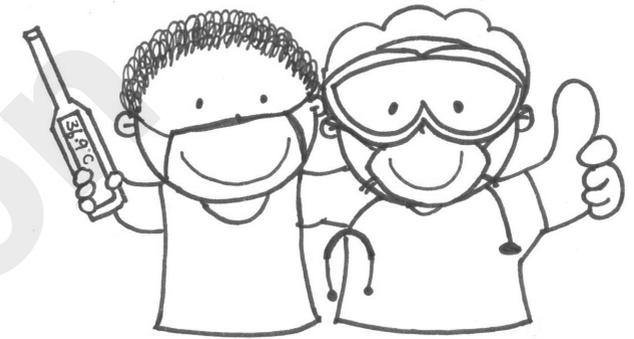
You are quarantined to prevent spread of the disease, to protect you and your friends.

YOU ARE ONE OF US.

WE WILL  
TAKE CARE  
OF YOU.



WELCOME



Behind our masks,  
Are friendly faces.

You are not alone.

WE ARE FIGHTING COVID-19 WITH YOU.



If we follow some simple rules,  
we can get through this better together!

## HOW COVID-19 IS SPREAD

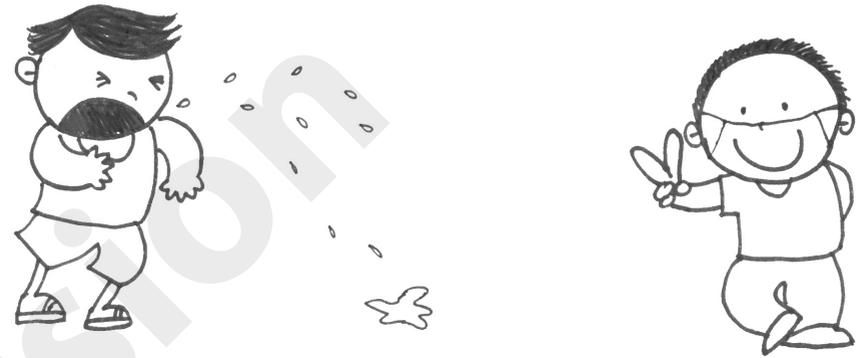


COVID-19 is a disease spread by droplets and touching contaminated surfaces.

It is usually mild but can become serious in a small number of people.

If someone coughs, sneezes or touches something you touch, you could get it.

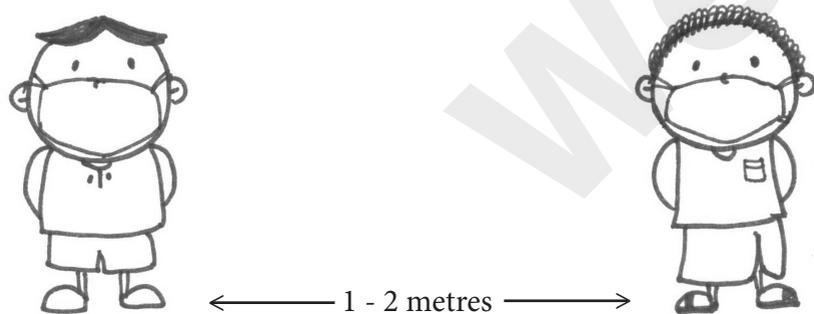
Keeping your distance keeps you safe!



## HOW CAN I PROTECT MYSELF?

Wear a mask except when sleeping or eating.

Keep a 1-2 metre distance away from others at all times, even at mealtimes.



Hm, but there are so many people in my living space.

How can I keep safe?

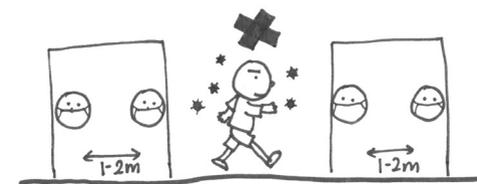
Many rooms have no cases.

Follow the simple rules.

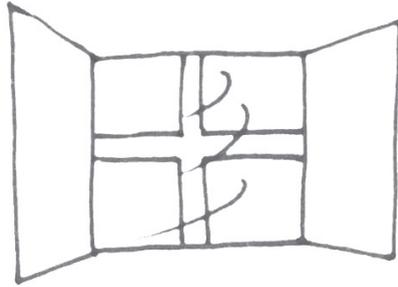
Stay within your group.

Do not mingle with men from other rooms.

They may have it, so only mix with your room mates.



## How can I protect myself and others?



Keep your room well ventilated.



Cover your mouth with tissue when you cough or sneeze.



Throw your used tissue in a bin, then wash your hands.



Don't shake hands.



Don't touch your face.



Disinfect common surfaces like door handles and light switches frequently.



Avoid touching common surfaces like door handles and railings.

Plan a roster so everyone takes turns to clean common spaces like corridors. Room and level leaders can take the lead!



In the bathroom:



Rinse and clean the sink with soap and water after spitting.



Flush the toilet after every use.

Wash your hands often – before and after food, and after using the bathroom.



Wet your hands with clean running water.



Apply soap. Scrub and hum Happy Birthday twice.

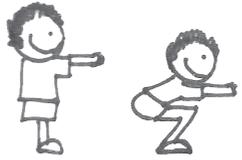


Rinse and dry your hands.

# HOW TO RECOVER FASTER

## Stay Physically Fit

Drink lots of water, at least 2 litres a day. Eat well.  
Do light exercises in your living space.



SQUATS  
20 times x 3 sets



PUSH UPS  
20 times x 3 sets



LUNGES  
20 times x 3 sets



OPPOSITE ARM  
AND LEG REACH  
20 times x 3 sets

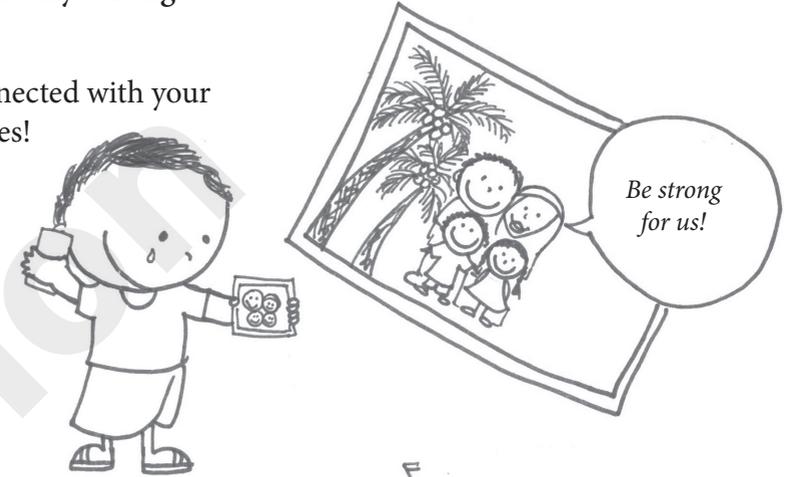


Take your medicines if your doctor prescribes them.

Make sure you have enough medication.

## Stay Mentally Strong

Stay connected with your loved ones!



Listen to music,  
watch videos.



Pray or meditate.

Think of three things  
you can be grateful  
for every day.

Encourage one  
another.



Read only reliable  
sources. Filter out  
rumours. Stay hopeful!

## WHAT I SHOULD KNOW?

If you get any of these, it's important to get help early from the medical post.



Fever that comes and goes



Cough



High fever.



Vomiting heavily, unable to drink.

Headache

Fatigue

Sore throat



Loss of smell / taste

Runny / blocked nose

Muscle aches

Diarrhoea



Unexplained chest pain.



Difficulty breathing, especially if you can't talk or walk normally.

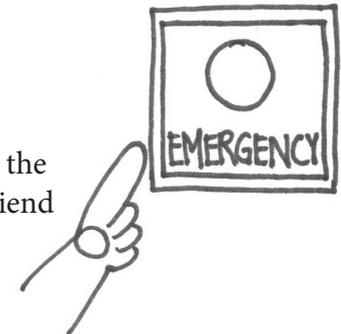


Getting medical help early protects yourself and others.

*If you are above 45 years old or have chronic disease, eg heart or lung problem, get a medical check even if you feel well. The doctor can give you special attention and tell you when to come back.*

If the following occur, it is urgent to get help.

If you cannot walk to the medical post, ask a friend for help or press the Emergency Button.



## COMMON QUESTIONS



**Should I be scared?**

No.  
We are here for you every day  
until this is over.  
We care for you!  
If you need medical attention,  
we will ensure you receive care.

**Will I recover?**

Yes,  
I had Covid-19 but recovered well.  
Most people get well without  
needing to stay in hospital but they  
do need to be monitored.  
Stay strong brother!



**Should I worry about money?**

No!  
The Singapore government paid  
for all my medical bills.  
My employer is working with  
the government to make sure my  
family receives money back home.  
I can be at ease.



**What will happen if I seek  
help at the medical post?  
I'm scared.**

Like me, you may be transferred  
to a different facility, or kept  
here, where you'll be more closely  
monitored. But do not worry. I  
had a good experience and am  
fully recovered now.



**REMEMBER, WE CARE.**

This will be over soon especially if  
we work together. Follow our simple  
rules to prevent spread. Get help early  
when you are sick.

Healthserve would like to hear your  
story. Please share your journey or  
ask a question by:

HealthServe Whatsapp:  
+65 31384443

or our tele-befriending service:  
[bit.ly/hstok2me](http://bit.ly/hstok2me)

Other helpful resources:

For COVID-19 facts  
<http://covid19.healthserve.org.sg>

For staying well  
<https://www.sgmigrant.com>



**YOU ARE  
ONE OF US.**

**WE WILL  
TAKE CARE  
OF YOU!**



**Reflection Questions:**

What words of encouragement would you tell your family back home?

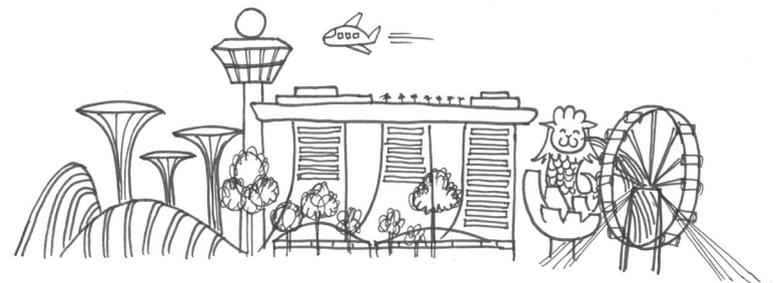
If your friend is discouraged, what would you say to encourage him?

What three things can you be thankful for today?

WE ARE NOT SINGAPORE WITHOUT YOU.



THANK YOU FOR BUILDING OUR NATION WITH US.



## CREDITS

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