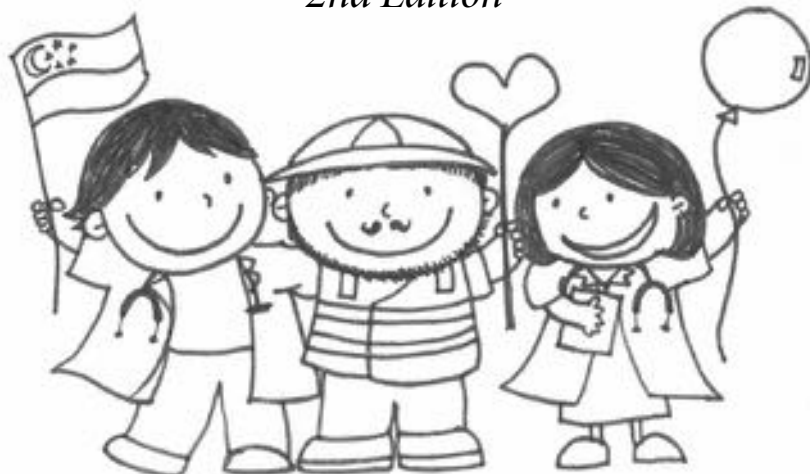


RECOVERING FROM COVID-19

A Guide for Migrant Workers

2nd Edition



Name
Age
FIN
Dormitory
Rm No.
Admission Date
Review Date

*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.
For facility-specific information, we recommend printing your own A5 insert.*

Dear Brother,

We know you may be worried or confused.
But remember...

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.

You have COVID-19
but it is mild.

We expect you will recover fully.

This is a safe place
for you to recover,
so that you will not
spread it to others.



WHAT TO EXPECT



You will be here until you get better.
You will receive medical care.

Food and drink,
safe sleeping conditions,
and shower facilities
will all be provided.



Record your parameters regularly
and stay positive.

Together, we can beat COVID-19!



WHEN CAN I BE DISCHARGED?

You will likely stay for a few weeks.

We may do another swab towards the end of your stay.

Keeping a positive mindset will help you recover faster.



*We've checked to ensure you are well!
You can be discharged.*

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

It's normal to have these symptoms:



Fever that comes and goes,
up to a week.



Cough for 1-2 weeks

Headache

Fatigue

Sore throat



Loss of
smell/ taste

Runny/
blocked nose

Muscle aches

Diarrhoea



But...

Most people recover from these symptoms
in one to two weeks.

Stay strong, brother!

Ask for help at the Medical Post
if you have any of these:



High fever.



Vomiting heavily,
unable to drink.

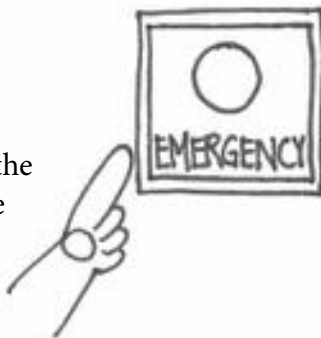


Unexplained
chest pain.



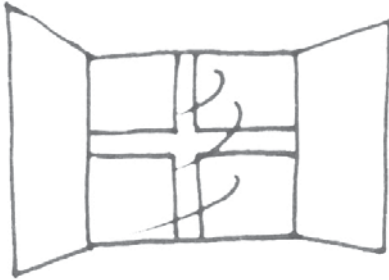
Difficulty breathing,
especially if you can't
talk or walk normally.

If you cannot walk to the
medical post, press the
Emergency Button.



COMMON QUESTIONS

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.

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 run-
ning water.



Apply soap.
Scrub and
hum Happy
Birthday*
twice.



Rinse and dry
your hands.

*For other translations, culturally relevant songs have been recommended:

Bengali: Arma korbo joy (chorus 2x)

Hindi: Bole chudiyen (chorus)

Tamil: Oruvan oruvan mudhalali (chorus)



Should I be scared?

No.
*We are here 24 hours for you.
We care for you!
If you need more medical
attention, we will ensure you
receive care.*

What happens after I recover?

*When you are discharged, you
may return to a different place
to stay temporarily, before you
return to work.*



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.*

REMEMBER, WE CARE.



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

Want to make a Singaporean friend?
Sign up at <http://m.me/sgWePals>

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.



For more resources, visit
www.kitesong.com/covid19

CREDITS

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www.kitesong.com

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